

=====

MOST VALUABLE FOR THE MANKIND IS

INFORMATION

KNOWLEDGE

WISDOM

=====

studying history ...

You will discover that already since the very ancient times  
things have not changed much ...

stupidity / lies / injustice / slavery / wars ...

problems !!! always and everywhere !!!

but people again and again place their hopes in somebody else  
who would fix everything ... new leader ... Creator ...

///

many problems can be solved with money

but problems which can be solved with money ,, ARE NOT problems !!!

cause of REAL PROBLEMS is our ego !

because of ego we do not want to admit ( specially in presence of others )  
that we are stupid ... and that we know almost nothing !!!

problems with ego grand majority of us has because we are not educated !!!

we are not educated well / we are not educated enough

we are not educated ... because ...

there are things ... which we must not know !!!

there are things ... which we can not know !!!

there are things ... which we may not know !!!

there are things ... which we are not supposed to know !!!

we are not supposed to THINK !

we are blind ...

AND ... ( !!! )

we are not even supposed to know  
that we have problem with ego  
and that we are stupid  
and that WE DO NOT THINK  
and that we are blind !

///

we all want to be happy

we all want to love and be loved

we all love so many beautiful things :::

art,,, music,,, literature,,, nature etc.

BUT ...

we live our every day lives without even THINKING about all that !!!

we are "designed" to be greedy and selfish and stupid ...

we are "designed" to lie ... to hate ...

... we have built a world where we can not trust each other ...

... we must not care about each other !!!

///

( and so it has been for thousands of years already )

///

there are many reasons why we are not educated

we are not supposed to know ...

... that there is genius inside all of us

... that we can be born with great health and live without illnesses

... that we can live without violence and wars

( and those are just some examples ! )

///

we must have the desire  
to become well respected and admired in community ... in society ...  
then we believe that we are living our life right.

we must believe that we are good and smart people !

we must have the desire to be beautiful and rich and famous ...

of course we are not supposed to know  
that all our life is fake ...  
designed ...  
manufactured ...

///

we must be happy when we work only 35-40 hours per week  
and travel only 2 hours per day between home and workplace.

we must be happy when our child becomes manager of many other workers.

we must never think if we could build machines  
that would help us so that humans could spend less time  
in boring workplaces and use rest of that time  
for learning and enjoying the things we discover !  
for helping each other !  
for loving each other !

///

if we will be accepted in University ...

( paying a lot of money of course so that we would think that this must be super education )

( and of course teachers must believe that they are giving the right education )

... then after graduating we get good job and good income.  
this makes it possible to buy big house and big car  
and we become well respected and admired in community ... in society ...

then we will never understand that something is wrong ...

///

we must be happy if we bury only one of our sons as victim of war !

we must never know that this war could have been avoided !

we must feel proud when our child wants to join military !

we must never know that we do not need armies !

we must believe that military of our country is very good ... and very much needed ...

many people must remain poor  
so that just in case if our child does not want to join army  
then ... it would be easy to "buy" him / her promising him / her good income !

as our children make military career "saving the world from the beasts"  
walking around in beautiful uniform ,, serving our country  
they get good job and good income.  
this makes it possible to buy big house and big car  
and our children too become well respected and admired in community ... in society ...  
and they must have wish to become HEROES !

in army our children must kill !  
as they want to be even better soldiers they must kill even more !  
they must never think why they have been ordered to kill somebody ? !  
they must never have the wish to put down their guns and TALK to the enemy !  
they must never try to understand roots of the problems or differences between each other !

///

we must be happy giving away our daughters  
to some other well respected and admired person  
who also most likely is just another victim of lies  
thinking that he is well educated and successful.  
for example some doctor working in hospital  
where only people with enough money gets treatment ?  
or somebody important in some financial institution ?  
( if we would be educated then money and banks would not even exist ! )

///

if we would be educated then ...

there would be no borders between countries !  
there would not be problems with immigration !  
there would be no police or politicians or laws !  
there would be no kings or queens !

///

BUT ...

we must not have time to think about all that !  
we need to be constantly in a hurry ... in rush ...

///

we must be happy that we have TV and radio and newspapers

we must always believe TV and radio news programs  
and our government of course !

///

also we must be religious ( ! ) because if we are good and live our life  
according to the holy book about "Real God" and "Real Creation"  
then we will become respected and admired in community ... in society ...

we must believe that all written in this book is true !

we must not ask questions like :::

what proof do we have about the existence of "Creator" ?  
and "Hell" and "angels" etc ...

why religion-supporting organizations do not sell all real estate  
( + art work ) that they own  
and why they do not use all this money to help the poor ?  
do we know how much money they have ? ... and how it is spent ?

and even if "God" or some angel speaks to You or comes to visit  
then how do You know that it is real and You are not just hallucinating ?

if somebody appears to You in Your sleep or You just hear voice in Your head  
are You supposed to believe that You are the "chosen" one  
or should You just visit psychiatrist for a start ?

///

do You ever ask yourself :::

when Your country had last time government  
which tried to do good to everybody ?

why government leaders travel in bullet proof vehicles  
and why do they use body guards ?

why are soldiers and body guards willing to sacrifice their lives for politicians  
and for businessmen and stars of sports or show business ?

is it ok to admire pop ( sports etc ) stars  
who do not give majority of their income for charity ?

is there anything wiser to do with money that we spend on  
sport event tickets / perfumes ( in many cases poisonous ) / jewelry / pets etc ?

can person who is selling painting to be called artist ?  
can person who is selling song to be called composer ?  
can person who is selling book to be called writer ?

why we buy 100 000 EUR cars when 25 000 EUR car is enough ?  
and why we buy cars that drive 180 mph when speed limit is 80 ?

why we drink Coca-Cola ?  
why we smoke cigarettes ?

why all weapons of mass destruction have not been destroyed  
and why we still build more of them ?

why we raise our voices / use insults and vulgar ( foul ) language ?

why do we hate something or someone ?

why do we have fears ?

how often can You enjoy sunrises and sunsets ?

how often You dance ?

what kind of life You want for Your children ?

///

after thinking all those things through You may :::

convince yourself that You must be wrong because majority does not agree with You  
and You continue Your "normal" life believing that government of Your country  
cares about Your family and is working hard for the peace on Earth

use our stupidity for personal benefits

still have hope in humanity and try to educate everybody

believe that there is nothing to be done about our blindness ...  
give up and talk to nobody ...  
live quietly on Your own hoping not to suffer too much in this life time  
and wish to leave this place as soon as possible

... just commit suicide - big mistake because THERE STILL IS HOPE !!!

IT IS STILL NOT TOO LATE !!!

overpopulation is not yet serious threat to humanity !!!

we still can feed and educate people !!!

as long as there is FAST way to spread knowledge we have a chance !!!  
but free access to information is danger for those who try to keep us blind  
more people every day have it possible to learn in internet and "wake up"  
that is why free speech is under attack !

///

why some people want us to remain stupid ?

life is too short and there is so much to enjoy on our beautiful planet.  
it is real paradise !  
but if You must work 35-40 hours per week and cook for Your family and clean the house etc ...  
( specially if it happens to be 100-bedroom / 7-swimming-pool mansion )  
then You can not do everything that Your heart desires ! life has so much to offer !  
( we must not even find out that there is much more ... )  
and we are still not capable to build perfect artificial intelligence robots !  
so ... they need another humans to work for them !  
those "another humans" must be poor and blind !  
that is exactly who we are - believing that we live in civilized society ...  
society in which 62 people own as much as the poorest half of the world\_s population !  
we must never see that something is wrong !  
but one day those ai-robots will be reality and in the not too distant future humans will live forever !  
then all those billions "dumb and ugly and dirty and ill and sick and poor and half-dead"  
slaves are no longer needed ! ( please do not think that "they" plan to offer eternal life to all of us ! )  
at the moment nothing must change ... in this big show ...  
if somebody TODAY wants to "eliminate everybody" then what would happen next ?  
this person ( or group of people ) would have the planet with 7 billion dead bodies !  
who would clean "all this mess" ? and only survivors would kill each other in madness !  
so ... they will wait ... until ... one day ... they will live forever ...  
and they travel through the universe experiencing new things and looking for adventures !  
( it is gonna be too boring here obviously ! )

///

but please - DO NOT believe me !

i can be wrong !

maybe i am just lying ?

maybe i even do not exist !

///

///

///

///

///

///

///

///

///

///

///

///

///

///

///

///

///

///

///

///

///

///

///

///

///

///

///

///

///

///

///

///

///

///

///

///

///

///

///

///

///

///

///

///

///

///

///

///

///

///

///

///

///

///

///

///



///

///

///

///

///

///

///

///

///

///

You still decided to continue reading ?

OK then ...

///

one major thing that i am still struggling to understand :::

why those few wealthy and powerful still have children ?

many of them do not care about human lives - not even their own family members !

why to continue bloodline ?

( they clearly can see that they are too late for immortality anyway ! )

all that i have come up with so far is following :::

- 1 ) they make special "deal" with children  
or with some other family members  
or maybe with one child only :::

"when time is right then You will wake me up so that i too could enjoy eternal life ! "

"because it is my money You will be spending rest of Your life ! "

"and do not even try to trick me because i will have other people keeping an eye on You ! "

- 2) they do all that just for show ? give us example ?

sending us message that this is what we need to do if we want to be "good citizens" ?

( many politicians ask people to have children because country needs workforce of the future ! )

- 3) although i do not want to believe "those" stories ...

maybe really all this "theatre" can be explained with some stupid super-natural belief ?

several researchers have been pointing out that many members of "evil global elite"

belong to different pretty crazy secret groups !

i personally doubt that they follow Devil or ancient God of some sort

but who knows - many evil rich persons are stupid ...

it is very stupid to be evil in first place !

///

many years already ,, many people have been trying to educate us ::

Jiddu Krishnamurti

Carl Edward Sagan

Stephen William Hawking

Antony Cyril Sutton

James George Janos - Jesse Ventura

Alexander Emerick Jones - Alex

Michael Francis Moore

Peter Joseph

Jacque Fresco

Milton William Cooper - Bill

Research Scientist Dr. Fred Bell ( ? )

Philip Coppens

Michael C. Ruppert

Chelsea Elizabeth Manning - Bradley Edward

Aaron Hillel Swartz

Julian Paul Assange

Edward Joseph Snowden

... and many others !!!

and learning history of wars in schools should have made us THINK ::

... yet still ... almost nothing has changed !!!

even Occupy Wall Street ( protest movement ) is not enough !

///

World Wide Fund for Nature (WWF) = <http://www.worldwildlife.org/>

if "average blind person" will be convinced somehow to learn about them  
and enter website then after seeing cute logo with panda bear  
this person must think: "awww - how cute! they are trying to save pandas!"  
and then when asked to donate some money this person must think:  
"hmm ... well ... why to work so hard to try to save few animals  
if we can just clone million of them in lab" ?

so ... by the time when all the good people in organizations like Greenpeace etc.  
print new posters for next protest march World War Three begins !  
but this time there will not be "only" few hundred million casualties !

///

several researchers of conspiracy theories have been making mistakes  
( although they have good intentions )  
talking about some important matters as facts without presenting proof.  
some simply use too complicated language.  
some say: "if You want me to teach You how to save the world then buy my DVD" !  
some can not express themselves without losing their temper.  
some even goes against another teacher who is trying to help us !  
they should all unite !  
many want us all to wake up and save the mankind  
but without explaining us how we REALLY should do that ?  
those are just some of the reasons why life continues as it always has !

///

all we have is HOPE ...  
luckily many are not giving up and still try !  
for example = <http://www.thezeitgeistmovement.com/>  
please read book = Zeitgeist\_Movement\_Defined\_2014  
( You can download it LEGALLY and FOR FREE ! )

mr. Peter Joseph tried to open peoples eyes with zeitgeist movie trilogy  
then waited few years - too little changed and now there is =  
[www.cultureindecline.com](http://www.cultureindecline.com)  
he is trying to do good thing but shooting handgun  
and making fun of other people ... ???  
smart as he is he should not waste his intelligence on stuff like that !  
"average blind person" will not understand it and  
those with eyes already open should use time more wisely !

all he needed to do ::: recommend to everyone :::

<http://www.theamericandreamfilm.com/>  
[https://en.wikipedia.org/wiki/Team\\_America:\\_World\\_Police](https://en.wikipedia.org/wiki/Team_America:_World_Police)  
[https://en.wikipedia.org/wiki/The\\_Onion\\_Movie](https://en.wikipedia.org/wiki/The_Onion_Movie)  
[https://en.wikipedia.org/wiki/God\\_Bless\\_America\\_\(film\)](https://en.wikipedia.org/wiki/God_Bless_America_(film))  
<https://en.wikipedia.org/wiki/Idiocracy>

and music videos :::

Black Eyed Peas - Where Is The Love  
Nickelback - When We Stand Together  
John Winston Ono Lennon - Imagine  
Michael Jackson - Earth Song  
Michael Jackson - Man In The Mirror

mr. Peter Joseph also asks for donations. but for what?  
please tell to everyone how much You need and  
how much people already has donated ?  
do You really need to fly to other side of the world to attend conference ?  
all those flights and hotels etc ... ?  
if somebody wants You to educate them  
then all they need is access to Your website !

if even 1 000 000 people more every year open their eyes this simply is not enough !

so ... how world could be saved ?

///

if my calculations are correct then there are about one million people who are really willing to do something immediately.

but what can they do ?

well ... they could put their savings together and leave their everyday lives and come together in one place and create their own tiny country. system without money and laws and army and government etc ... they would build robots which then would build for all citizens houses and would grow food for them while people learn sciences to make life even better ! not having bank no country could say that they are laundering money of terrorists. ( they should be careful with building food processing plants because some country from satellite images might mistakenly think they are manufacturing nuclear weapons and that would serve as excuse to invade this place and just kill everybody ! and there always will be many other risks ... such as that fields of food crops will be presented in UN as fields of Papaver somniferum to produce opium etc ... )

then pretty soon 2 billion of the poorest people ... after seeing what kind of paradise this first million has created ... would follow ...

next ... another 2 billion of the poorest people of "normal society" would become convinced that this really works and also want to join.

and then ... maybe all the rest of the mankind would become part of it ?

///

how beautiful it sounds right ? but same time ... it is insane !

IMPOSSIBLE !!!

how would this operation even start ?

first they must find such territory !

( with ocean coast ... a lot of sunshine and wind for energy etc ... )

but which country is not part of "global prison" ?

which government would give them this piece of land and support them ?

australia ? NZ ? maybe = <https://www.facebook.com/icelandfree>

how would they build tools and machines to build those super-robots ?

etc ... etc ... etc ...

in the beginning maybe 1000 people should go and start all this ?

but then how about all criminals who find it to be good way to escape from problems ?

or what if somebody has serious health problems ? should they build hospital first ?

etc ... etc ... etc ...

///

they should start project like :::

Architects and Engineers for 9/11 = <http://www.ae911truth.org/>

first they would find all kinds of academics + scientists + all kind of professionals  
+ politicians and governments who believe in their project and would become supporters.  
imagine when some respected professor would wear ZEITGEIST MOVEMENT logo on jacket  
how many students or co-workers want to find out what is that?  
also they need to try to get all charity organizations to become united into ONE group !  
i strongly believe that in no time much more people will start to pay attention !  
CAN YOU IMAGINE WHAT WOULD HAPPEN WHEN MR. STEPHEN WILLIAM HAWKING or  
WILLIAM HENRY GATES III BILL = [https://en.wikipedia.org/wiki/The\\_Giving\\_Pledge](https://en.wikipedia.org/wiki/The_Giving_Pledge) = WOULD JOIN ?

part of me believes that if some group of people would really start this  
then every day more people from other parts of the world would donate !  
or even travel there to spend there holiday just helping them in their project !

i would ! :) in fact it would be my only holiday destination for the rest of my life ! :D

they should constantly advertise themselves globally in internet to spread the word ...

maybe they could make deal with some really poor african country on the coast  
and just "borrow" piece of desert ? make it all green and habitable ?  
they would produce also food for starving people of that same country  
and this would work like "paying rent" to that country ?

or some country would "borrow" for this test-project few tiny islands for 100 years ?

if i would learn more and think few more decades about that  
( and hopefully by then scientists will have much more easy solutions for big problems )  
then i might offer better "plan" but at the moment i will send this thing out while i still can ...

///

if You want to help me with all this then feel free to copy and edit this text  
and send it back to me ! :) translations to other languages also welcome !

///

now ...

next part of this piece of writing should be about  
interesting timeless quotes from famous thinkers and i would like to discuss  
many important scenes from movies and chapters of books

but ... i simply do not have neither time nor capacity  
to find out how would restrictions of copyright laws apply  
to all those parts of hundreds of movies or thousands of books  
that i would like to put here !

what i have decided to do is just bring to You  
titles of some of the books that You really should read if You  
have decided that You would like to find out  
if Your country is on right path or what are all those  
researchers of conspiracy theories exactly blabbering about ?

after that :::

in case if You want to learn some more ... i have for You :::

keywords of some of the topics  
and names of some people  
and titles of some documentary movies  
that You might find interesting and / or useful

i also created section called "other movies"  
in that list You will find movies  
that are not documentaries but should make You THINK !

for those interested about what and how to eat  
You might find some good information  
in my tiny food research section ...

///

reason why i am doing all this is that  
for years i have been trying to find some good and serious  
web site or movie or book with basic and general information  
( in "normal" language ) and where ...  
nobody asks me to click "LIKE"  
nobody asks me to "register"  
nobody asks me to "follow us" in some another website  
nobody is trying to sell me something !  
and of course ad-free !  
but still completely covering many aspects on different issues  
which to recommend to others who might want to learn ...  
beginners or those with eyes already open !  
well ... i have not found such source ...  
so i had to create new ! :)

i suppose i could use knowledge from other books and movies now and  
i would add my own life experiences and  
i could buy equipment to make some street-interviews and then  
i would release in internet my own movie and in no time  
i too would be labelled as  
"another one of those f \_ \_ \_ ing conspiracy theorists"  
and then i would be blamed for "trying to destroy faith in God"  
and there would be thousand people in internet posting comments like  
"another idiot who is thinking too much"

or it would be huge success and maybe some people even would donate money  
so that i would continue my research but this is not what i want !  
maybe after i make "my first million" i simply buy sailing boat and "retire" :D

=====

Thank You and here is all that "extra" :::

first learn little bit of history :::

( if You can not afford to buy those books then please try to borrow from library ! )

Ancient Egyptians For Dummies  
Complete Idiot\_s Guide To Ancient Greece  
Romans For Dummies

Marco Polo - From Venice To Xanadu

///

learn how world changed with voyages of :::

Christopher Columbus  
Ferdinand Magellan - Fernao de Magalhaes  
Vasco da Gama  
James Cook

///

after that You could read :::

Andrew Collins - Gateway to Atlantis - Search for the Source of Lost Civilization

Existentialism For Dummies

=====

**learn about :::**

Crusades

French Revolution + David Andress = Terror - Civil War in the French Revolution

WW 1 / WW 2

Vietnam War

Cuban missile crisis  
and false alarms from nuclear warning systems  
that may trigger nuclear war

Rwandan Genocide

[https://en.wikipedia.org/wiki/Meaning\\_of\\_life](https://en.wikipedia.org/wiki/Meaning_of_life)

[https://en.wikipedia.org/wiki/Sigmund\\_Freud](https://en.wikipedia.org/wiki/Sigmund_Freud) = Sigismund Schlomo

[https://en.wikipedia.org/wiki/Carl\\_Jung](https://en.wikipedia.org/wiki/Carl_Jung) = Gustav

[https://en.wikipedia.org/wiki/Albert\\_Einstein](https://en.wikipedia.org/wiki/Albert_Einstein)

///

[https://en.wikipedia.org/wiki/Nebra\\_sky\\_disk](https://en.wikipedia.org/wiki/Nebra_sky_disk)  
[https://en.wikipedia.org/wiki/Antikythera\\_mechanism](https://en.wikipedia.org/wiki/Antikythera_mechanism)

[https://en.wikipedia.org/wiki/Cuban\\_underwater\\_city](https://en.wikipedia.org/wiki/Cuban_underwater_city) ?  
[https://en.wikipedia.org/wiki/Bimini\\_Road](https://en.wikipedia.org/wiki/Bimini_Road) = WALL ?  
[www.thebalticanomaly.se](http://www.thebalticanomaly.se) ?

[https://en.wikipedia.org/wiki/Oklahoma\\_runestones](https://en.wikipedia.org/wiki/Oklahoma_runestones) ?  
kensington runestone ?

<https://en.wikipedia.org/wiki/Jericho>

[https://en.wikipedia.org/wiki/John\\_Cabot](https://en.wikipedia.org/wiki/John_Cabot)

Infante Dom Henrique de Avis / Duke of Viseu / Henry the Navigator

Race for Timbuktu - In Search of Africa's City of Gold = Frank T. Kryza

[http://en.wikipedia.org/wiki/Thomas\\_Paine](http://en.wikipedia.org/wiki/Thomas_Paine)

Sleepwalkers - How Europe Went to War in 1914 = Christopher Clark

[https://en.wikipedia.org/wiki/Friedrich\\_Engels](https://en.wikipedia.org/wiki/Friedrich_Engels)

[https://en.wikipedia.org/wiki/Karl\\_Marx](https://en.wikipedia.org/wiki/Karl_Marx)

[https://en.wikipedia.org/wiki/Leon\\_Trotsky](https://en.wikipedia.org/wiki/Leon_Trotsky)

[https://en.wikipedia.org/wiki/Adolf\\_Hitler](https://en.wikipedia.org/wiki/Adolf_Hitler)

Antonio de Oliveira Salazar

Francisco Paulino Hermenegildo Franco Bahamonde

Benito Amilcare Andrea Mussolini

Vladimir Ilyich Ulyanov - Lenin

[https://en.wikipedia.org/wiki/Joseph\\_Stalin](https://en.wikipedia.org/wiki/Joseph_Stalin) = Jughashvili

astrid lindgren war diaries

Count Lev Nikolayevich Tolstoy

Fyodor Mikhailovich Dostoyevsky

Edgar Allan Poe

[https://en.wikipedia.org/wiki/Ernest\\_Hemingway](https://en.wikipedia.org/wiki/Ernest_Hemingway)

[https://en.wikipedia.org/wiki/Jack\\_London](https://en.wikipedia.org/wiki/Jack_London) = Griffith

[https://en.wikipedia.org/wiki/Mark\\_Twain](https://en.wikipedia.org/wiki/Mark_Twain) = Samuel Langhorne Clemens

Francis Scott Key Fitzgerald

Gertrude Stein



[https://en.wikipedia.org/wiki/Operation\\_Paperclip](https://en.wikipedia.org/wiki/Operation_Paperclip)

[https://en.wikipedia.org/wiki/Project\\_Greek\\_Island](https://en.wikipedia.org/wiki/Project_Greek_Island)

Jakob Böhme 1575 - 1624

[https://en.wikipedia.org/wiki/Golden\\_ratio](https://en.wikipedia.org/wiki/Golden_ratio)

[https://en.wikipedia.org/wiki/Fibonacci\\_number](https://en.wikipedia.org/wiki/Fibonacci_number)

[http://en.wikipedia.org/wiki/Cosmological\\_constant](http://en.wikipedia.org/wiki/Cosmological_constant)

[https://en.wikipedia.org/wiki/Ghent\\_Altarpiece](https://en.wikipedia.org/wiki/Ghent_Altarpiece) = Adoration of the Mystic Lamb of God

[https://en.wikipedia.org/wiki/Lord\\_Byron](https://en.wikipedia.org/wiki/Lord_Byron) = George Gordon

[https://en.wikipedia.org/wiki/Richard\\_Francis\\_Burton](https://en.wikipedia.org/wiki/Richard_Francis_Burton)

[https://en.wikipedia.org/wiki/Erich\\_Maria\\_Remarque](https://en.wikipedia.org/wiki/Erich_Maria_Remarque)

[https://en.wikipedia.org/wiki/Christopher\\_Marlowe](https://en.wikipedia.org/wiki/Christopher_Marlowe)

[https://en.wikipedia.org/wiki/Werner\\_Heisenberg](https://en.wikipedia.org/wiki/Werner_Heisenberg) = KARL

[https://en.wikipedia.org/wiki/Saul\\_Kripke](https://en.wikipedia.org/wiki/Saul_Kripke) = AARON

<https://en.wikipedia.org/wiki/Ungdomshuset>

[https://en.wikipedia.org/wiki/Dogon\\_people](https://en.wikipedia.org/wiki/Dogon_people)

jean dominique bauby = Diving Bell And Butterfly = Memoir Of Life In Death

benjamin franklin london house basement bones !!! ???

[https://en.wikipedia.org/wiki/Higher\\_consciousness](https://en.wikipedia.org/wiki/Higher_consciousness)

<https://en.wikipedia.org/wiki/Stuxnet> = malicious computer worm

<http://en.wikipedia.org/wiki/Permaculture> + <http://permaculturenews.org/>

[http://en.wikipedia.org/wiki/Transcendental\\_Meditation\\_technique](http://en.wikipedia.org/wiki/Transcendental_Meditation_technique)

[http://en.wikipedia.org/wiki/L.\\_Ron\\_Hubbard\\_bibliography](http://en.wikipedia.org/wiki/L._Ron_Hubbard_bibliography)

[http://en.wikipedia.org/wiki/Very\\_Short\\_Introductions](http://en.wikipedia.org/wiki/Very_Short_Introductions)

[http://en.wikipedia.org/wiki/Haplogroup\\_I-M253](http://en.wikipedia.org/wiki/Haplogroup_I-M253)

[http://en.wikipedia.org/wiki/Dogme\\_95](http://en.wikipedia.org/wiki/Dogme_95)

<http://en.wikipedia.org/wiki/Manga>

[https://en.wikipedia.org/wiki/Howard\\_Bloom](https://en.wikipedia.org/wiki/Howard_Bloom)

[https://en.wikipedia.org/wiki/Project\\_Azorian](https://en.wikipedia.org/wiki/Project_Azorian)

[https://en.wikipedia.org/wiki/Ayn\\_Rand](https://en.wikipedia.org/wiki/Ayn_Rand) = Alisa Zinov\_yevna Rosenbaum

[https://en.wikipedia.org/wiki/Avro\\_Canada\\_VZ-9\\_Avrocar](https://en.wikipedia.org/wiki/Avro_Canada_VZ-9_Avrocar)

[https://en.wikipedia.org/wiki/Reinaldo\\_Arenas](https://en.wikipedia.org/wiki/Reinaldo_Arenas)

[https://en.wikipedia.org/wiki/Kowloon\\_Walled\\_City](https://en.wikipedia.org/wiki/Kowloon_Walled_City)

Herbert Marshall McLuhan

john hemming conquest of incas book

kim macquarrie last days of incas book

frederick taylor berlin wall book

leo de hartog - genghis khan - conqueror of world

Richard Matthew Stallman

<https://en.wikipedia.org/wiki/Toraja>

<https://en.wikipedia.org/wiki/Sukuh> = temple

gunnar thompson - american discovery real story ?

[https://en.wikipedia.org/wiki/Maine\\_Coon](https://en.wikipedia.org/wiki/Maine_Coon) = CAT

vikings in england - settlement society culture - hadley

balen malcolm - very english deceit

Martin Luther King, Jr.

Life and Society in Byzantine Cappadocia - cooper / decker

[https://en.wikipedia.org/wiki/Kublai\\_Khan](https://en.wikipedia.org/wiki/Kublai_Khan)

decker life society byzantine cappadocia

///

The Star of Redemption – 1985

Franz Rosenzweig / William W. Hallo

///

The Ancient Near East - History – 1997

William W. Hallo / William Kelly Simpson

///

<http://hermetic.com/crowley/>

[http://en.wikipedia.org/wiki/List\\_of\\_works\\_by\\_Aleister\\_Crowley](http://en.wikipedia.org/wiki/List_of_works_by_Aleister_Crowley)

[http://en.wikipedia.org/wiki/Israel\\_Regardie](http://en.wikipedia.org/wiki/Israel_Regardie) ::: Francis / Regudy

[http://en.wikipedia.org/wiki/George\\_Gurdjieff](http://en.wikipedia.org/wiki/George_Gurdjieff)

[http://en.wikipedia.org/wiki/P.D.\\_Ouspensky](http://en.wikipedia.org/wiki/P.D._Ouspensky)

[http://en.wikipedia.org/wiki/Rudolf\\_Steiner](http://en.wikipedia.org/wiki/Rudolf_Steiner)

[http://en.wikipedia.org/wiki/Madame\\_Blavatsky](http://en.wikipedia.org/wiki/Madame_Blavatsky) ::: Helena Petrovna

///

craig roberts medusa file

[http://en.wikipedia.org/wiki/The\\_Protocols\\_of\\_the\\_Elders\\_of\\_Zion](http://en.wikipedia.org/wiki/The_Protocols_of_the_Elders_of_Zion)

[https://en.wikipedia.org/wiki/Opus\\_Dei](https://en.wikipedia.org/wiki/Opus_Dei)

<https://en.wikipedia.org/wiki/Zoroastrianism>

ZOLAR = encyclopedia of ancient and forbidden knowledge

<http://en.wikipedia.org/wiki/Zohar>

<http://en.wikipedia.org/wiki/Dhammapada>

<http://en.wikipedia.org/wiki/Kabbalah>

<http://en.wikipedia.org/wiki/Sephirot>

[https://en.wikipedia.org/wiki/Book\\_of\\_Enoch](https://en.wikipedia.org/wiki/Book_of_Enoch)

[https://en.wikipedia.org/wiki/Second\\_Book\\_of\\_Enoch](https://en.wikipedia.org/wiki/Second_Book_of_Enoch)

[https://en.wikipedia.org/wiki/3\\_Enoch](https://en.wikipedia.org/wiki/3_Enoch)

[http://en.wikipedia.org/wiki/Book\\_of\\_Baruch](http://en.wikipedia.org/wiki/Book_of_Baruch)

[https://en.wikipedia.org/wiki/2\\_Baruch](https://en.wikipedia.org/wiki/2_Baruch)

[https://en.wikipedia.org/wiki/3\\_Baruch](https://en.wikipedia.org/wiki/3_Baruch)

[https://en.wikipedia.org/wiki/4\\_Baruch](https://en.wikipedia.org/wiki/4_Baruch)

[https://en.wikipedia.org/wiki/Gospel\\_of\\_Judas](https://en.wikipedia.org/wiki/Gospel_of_Judas)

[https://en.wikipedia.org/wiki/Nag\\_Hammadi\\_library](https://en.wikipedia.org/wiki/Nag_Hammadi_library)

[https://en.wikipedia.org/wiki/Dead\\_Sea\\_Scrolls](https://en.wikipedia.org/wiki/Dead_Sea_Scrolls)

[https://en.wikipedia.org/wiki/Book\\_of\\_Jubilees](https://en.wikipedia.org/wiki/Book_of_Jubilees)

[http://en.wikipedia.org/wiki/The\\_Book\\_of\\_Abramelin](http://en.wikipedia.org/wiki/The_Book_of_Abramelin)

[http://en.wikipedia.org/wiki/Book\\_of\\_Tobit](http://en.wikipedia.org/wiki/Book_of_Tobit)

[http://en.wikipedia.org/wiki/Book\\_of\\_Esther](http://en.wikipedia.org/wiki/Book_of_Esther)

[http://en.wikipedia.org/wiki/The\\_Book\\_of\\_Mysteries](http://en.wikipedia.org/wiki/The_Book_of_Mysteries)

[http://en.wikipedia.org/wiki/Cipher\\_Manuscripts](http://en.wikipedia.org/wiki/Cipher_Manuscripts)

[http://en.wikipedia.org/wiki/Copiale\\_cipher](http://en.wikipedia.org/wiki/Copiale_cipher)

[http://en.wikipedia.org/wiki/Wisdom\\_of\\_Sirach](http://en.wikipedia.org/wiki/Wisdom_of_Sirach)

[http://en.wikipedia.org/wiki/Community\\_Rule](http://en.wikipedia.org/wiki/Community_Rule)

[http://en.wikipedia.org/wiki/War\\_Scroll](http://en.wikipedia.org/wiki/War_Scroll)

[http://en.wikipedia.org/wiki/Habakkuk\\_Commentary](http://en.wikipedia.org/wiki/Habakkuk_Commentary)

[http://en.wikipedia.org/wiki/The\\_Rule\\_of\\_the\\_Blessing](http://en.wikipedia.org/wiki/The_Rule_of_the_Blessing)

[http://en.wikipedia.org/wiki/Ben\\_Sira](http://en.wikipedia.org/wiki/Ben_Sira)

[http://en.wikipedia.org/wiki/Genesis\\_Apocryphon](http://en.wikipedia.org/wiki/Genesis_Apocryphon)

[http://en.wikipedia.org/wiki/Isaiah\\_scroll](http://en.wikipedia.org/wiki/Isaiah_scroll)

[http://en.wikipedia.org/wiki/Aramaic\\_Enoch\\_Scroll](http://en.wikipedia.org/wiki/Aramaic_Enoch_Scroll)

<http://en.wikipedia.org/wiki/Septuagint>

[http://en.wikipedia.org/wiki/Samaritan\\_Pentateuch](http://en.wikipedia.org/wiki/Samaritan_Pentateuch)

[http://en.wikipedia.org/wiki/Jannes\\_and\\_Jambres](http://en.wikipedia.org/wiki/Jannes_and_Jambres)

[http://en.wikipedia.org/wiki/Diogenes\\_of\\_Sinope](http://en.wikipedia.org/wiki/Diogenes_of_Sinope)

<http://en.wikipedia.org/wiki/Cicero>

[http://en.wikipedia.org/wiki/Bhagwan\\_Shree\\_Rajneesh](http://en.wikipedia.org/wiki/Bhagwan_Shree_Rajneesh)

[http://en.wikipedia.org/wiki/Adi\\_Sankara](http://en.wikipedia.org/wiki/Adi_Sankara)

<http://en.wikipedia.org/wiki/Torah>  
<http://en.wikipedia.org/wiki/Tanakh>  
<http://en.wikipedia.org/wiki/Talmud>  
<http://en.wikipedia.org/wiki/Pashtunwali>  
[http://en.wikipedia.org/wiki/Black\\_Pullet](http://en.wikipedia.org/wiki/Black_Pullet)  
[http://en.wikipedia.org/wiki/The\\_Sworn\\_Book\\_of\\_Honorius](http://en.wikipedia.org/wiki/The_Sworn_Book_of_Honorius)  
[http://en.wikipedia.org/wiki/Grimorium\\_Verum](http://en.wikipedia.org/wiki/Grimorium_Verum)  
<http://en.wikipedia.org/wiki/Upanishads>  
<http://en.wikipedia.org/wiki/Laozi>  
<http://en.wikipedia.org/wiki/Veda> ::: Vedas

<http://en.wikipedia.org/wiki/Mahabharata>  
<http://en.wikipedia.org/wiki/Rishyasringa>  
[http://en.wikipedia.org/wiki/Bhagavad\\_Gita](http://en.wikipedia.org/wiki/Bhagavad_Gita)  
<http://en.wikipedia.org/wiki/Damayanti>

[https://en.wikipedia.org/wiki/Hermes\\_Trismegistus](https://en.wikipedia.org/wiki/Hermes_Trismegistus)  
<https://en.wikipedia.org/wiki/Hermes>  
<https://en.wikipedia.org/wiki/Hermetica>

<http://en.wikipedia.org/wiki/Yezidism>  
[http://en.wikipedia.org/wiki/Collective\\_consciousness](http://en.wikipedia.org/wiki/Collective_consciousness)  
[http://en.wikipedia.org/wiki/Astral\\_projection](http://en.wikipedia.org/wiki/Astral_projection)  
<http://en.wikipedia.org/wiki/Rosicrucianism>

<http://en.wikipedia.org/wiki/Voltaire>  
<http://en.wikipedia.org/wiki/Freud>  
[http://en.wikipedia.org/wiki/Wilhelm\\_Reich](http://en.wikipedia.org/wiki/Wilhelm_Reich)

[http://en.wikipedia.org/wiki/Marx,\\_Karl](http://en.wikipedia.org/wiki/Marx,_Karl)  
<http://en.wikipedia.org/wiki/Engels>

<http://en.wikipedia.org/wiki/Plato>  
<http://en.wikipedia.org/wiki/Socrates>  
<http://en.wikipedia.org/wiki/Confucius>  
<http://en.wikipedia.org/wiki/Descartes>

<http://en.wikipedia.org/wiki/Muhammad>  
<http://en.wikipedia.org/wiki/Islam>

<http://en.wikipedia.org/wiki/Buddhism>  
[http://en.wikipedia.org/wiki/Gautama\\_Buddha](http://en.wikipedia.org/wiki/Gautama_Buddha) ::: Siddhartha Shakyamuni

[http://en.wikipedia.org/wiki/Sefer\\_Raziel\\_HaMalakh](http://en.wikipedia.org/wiki/Sefer_Raziel_HaMalakh)

[http://en.wikipedia.org/wiki/Nag\\_Hammadi\\_library](http://en.wikipedia.org/wiki/Nag_Hammadi_library)

[http://en.wikipedia.org/wiki/Ajanta\\_Caves](http://en.wikipedia.org/wiki/Ajanta_Caves)

<http://en.wikipedia.org/wiki/Rodinia>

<http://en.wikipedia.org/wiki/Gnosticism>

<https://en.wikipedia.org/wiki/Eugenics>

<https://en.wikipedia.org/wiki/Gematria>

<http://en.wikipedia.org/wiki/Archaeoastronomy>

<http://en.wikipedia.org/wiki/Astrolabe>

///

[http://en.wikipedia.org/wiki/Geneva\\_Conventions](http://en.wikipedia.org/wiki/Geneva_Conventions)  
[http://en.wikipedia.org/wiki/Human\\_rights](http://en.wikipedia.org/wiki/Human_rights)  
[http://en.wikipedia.org/wiki/Universal\\_Declaration\\_of\\_Human\\_Rights](http://en.wikipedia.org/wiki/Universal_Declaration_of_Human_Rights)

///

[http://en.wikipedia.org/wiki/Hellfire\\_Club](http://en.wikipedia.org/wiki/Hellfire_Club)  
[http://en.wikipedia.org/wiki/Societas\\_Rosicruciana\\_in\\_Anglia](http://en.wikipedia.org/wiki/Societas_Rosicruciana_in_Anglia)  
[http://en.wikipedia.org/wiki/Order\\_of\\_the\\_Golden\\_and\\_Rosy\\_Cross](http://en.wikipedia.org/wiki/Order_of_the_Golden_and_Rosy_Cross)

[http://en.wikipedia.org/wiki/Hermetic\\_Order\\_of\\_the\\_Golden\\_Dawn](http://en.wikipedia.org/wiki/Hermetic_Order_of_the_Golden_Dawn)  
The three founders, William Robert Woodman, William Wynn Westcott,  
and Samuel Liddell MacGregor Mathers  
were Freemasons and members of Societas Rosicruciana in Anglia.

///

[http://en.wikipedia.org/wiki/Francis\\_Barrett\\_\(occultist\)](http://en.wikipedia.org/wiki/Francis_Barrett_(occultist))  
[http://en.wikipedia.org/wiki/David\\_Stevenson\\_\(historian\)](http://en.wikipedia.org/wiki/David_Stevenson_(historian))  
[http://en.wikipedia.org/wiki/James\\_R.\\_Lewis\\_\(scholar\)](http://en.wikipedia.org/wiki/James_R._Lewis_(scholar))  
[http://en.wikipedia.org/wiki/Jack\\_Parsons\\_\(academic\)](http://en.wikipedia.org/wiki/Jack_Parsons_(academic))  
[http://en.wikipedia.org/wiki/Edward\\_Hunter\\_\(U.S.\\_journalist\)](http://en.wikipedia.org/wiki/Edward_Hunter_(U.S._journalist))  
[http://en.wikipedia.org/wiki/John\\_Reed\\_\(journalist\)](http://en.wikipedia.org/wiki/John_Reed_(journalist))  
[http://en.wikipedia.org/wiki/P.\\_D.\\_Ouspensky](http://en.wikipedia.org/wiki/P._D._Ouspensky)  
( Pyotr Demianovich Ouspenskii - also Uspenskii or Uspensky )  
<http://en.wikipedia.org/wiki/Paracelcius>  
( Philippus Aureolus Theophrastus Bombastus von Hohenheim )  
[http://en.wikipedia.org/wiki/Heinrich\\_Cornelius\\_Agrippa](http://en.wikipedia.org/wiki/Heinrich_Cornelius_Agrippa) ::: Von Nettesheim  
[http://en.wikipedia.org/wiki/Daphne\\_du\\_Maurier](http://en.wikipedia.org/wiki/Daphne_du_Maurier) ::: Dame / Lady Browning  
[http://en.wikipedia.org/wiki/Baba\\_Vanga](http://en.wikipedia.org/wiki/Baba_Vanga) ::: Vangelia Pandeva Dimitrova  
[http://en.wikipedia.org/wiki/Ayn\\_Rand](http://en.wikipedia.org/wiki/Ayn_Rand) ::: Alisa Zinov\_yevna Rosenbaum  
<http://en.wikipedia.org/wiki/Ramacharaka> ::: William Walker Atkinson  
[http://en.wikipedia.org/wiki/Anton\\_LaVey](http://en.wikipedia.org/wiki/Anton_LaVey) ::: Szandor Howard Stanton  
[http://en.wikipedia.org/wiki/Michael\\_Talbot\\_\(author\)](http://en.wikipedia.org/wiki/Michael_Talbot_(author)) ::: Coleman  
[http://en.wikipedia.org/wiki/X.\\_J.\\_Kennedy](http://en.wikipedia.org/wiki/X._J._Kennedy) ::: Joseph Charles  
[http://en.wikipedia.org/wiki/Dana\\_Gioia](http://en.wikipedia.org/wiki/Dana_Gioia) ::: Michael  
[http://en.wikipedia.org/wiki/Edward\\_Kelley](http://en.wikipedia.org/wiki/Edward_Kelley) ::: Talbot

[http://en.wikipedia.org/wiki/Rachel\\_Carson](http://en.wikipedia.org/wiki/Rachel_Carson) ::: Louise

[http://en.wikipedia.org/wiki/Lewis\\_H.\\_Morgan](http://en.wikipedia.org/wiki/Lewis_H._Morgan) ::: Henry

[http://en.wikipedia.org/wiki/Robert\\_Monroe](http://en.wikipedia.org/wiki/Robert_Monroe) ::: William Buhlman

[http://en.wikipedia.org/wiki/John\\_Keel](http://en.wikipedia.org/wiki/John_Keel) ::: Alva Kiehle

[http://en.wikipedia.org/wiki/John\\_C.\\_Lilly](http://en.wikipedia.org/wiki/John_C._Lilly) ::: Cunningham

[http://en.wikipedia.org/wiki/Walter\\_Russell](http://en.wikipedia.org/wiki/Walter_Russell) ::: Bowman

[http://en.wikipedia.org/wiki/L.\\_Ron\\_Hubbard](http://en.wikipedia.org/wiki/L._Ron_Hubbard) ::: Lafayette Ronald

[http://en.wikipedia.org/wiki/Hunter\\_S.\\_Thompson](http://en.wikipedia.org/wiki/Hunter_S._Thompson) ::: Stockton

[http://en.wikipedia.org/wiki/Dion\\_Fortune](http://en.wikipedia.org/wiki/Dion_Fortune) ::: Violet Mary Firth

[http://en.wikipedia.org/wiki/Fritz\\_Springmeier](http://en.wikipedia.org/wiki/Fritz_Springmeier) ::: Artz

[http://en.wikipedia.org/wiki/John\\_Updike](http://en.wikipedia.org/wiki/John_Updike) ::: Hoyer

[http://en.wikipedia.org/wiki/Hannah\\_Arendt](http://en.wikipedia.org/wiki/Hannah_Arendt) ::: Johanna

[http://en.wikipedia.org/wiki/Timothy\\_Leary](http://en.wikipedia.org/wiki/Timothy_Leary) ::: Francis

[http://en.wikipedia.org/wiki/Joseph\\_P.\\_Farrell](http://en.wikipedia.org/wiki/Joseph_P._Farrell) ::: Patrick

[http://en.wikipedia.org/wiki/Ignatius\\_L.\\_Donnelly](http://en.wikipedia.org/wiki/Ignatius_L._Donnelly) ::: Loyola

[http://en.wikipedia.org/wiki/Geraldine\\_Harris](http://en.wikipedia.org/wiki/Geraldine_Harris) ::: Pinch

[http://en.wikipedia.org/wiki/Rudolf\\_Steiner](http://en.wikipedia.org/wiki/Rudolf_Steiner) ::: Joseph Lorenz

[http://en.wikipedia.org/wiki/Daniel\\_Everett](http://en.wikipedia.org/wiki/Daniel_Everett) ::: Leonard

[http://en.wikipedia.org/wiki/Donald\\_Keyhoe](http://en.wikipedia.org/wiki/Donald_Keyhoe) ::: Edward

[http://en.wikipedia.org/wiki/G.\\_K.\\_Chesterton](http://en.wikipedia.org/wiki/G._K._Chesterton) ::: Gilbert Keith

[http://en.wikipedia.org/wiki/Timothy\\_Leary](http://en.wikipedia.org/wiki/Timothy_Leary) ::: Francis

[http://en.wikipedia.org/wiki/Clifford\\_Geertz](http://en.wikipedia.org/wiki/Clifford_Geertz) ::: James

[http://en.wikipedia.org/wiki/Ruth\\_Rendell](http://en.wikipedia.org/wiki/Ruth_Rendell)  
( Ruth Barbara Rendell / Baroness Rendell of Babergh )

[http://en.wikipedia.org/wiki/Arthur\\_C.\\_Clarke](http://en.wikipedia.org/wiki/Arthur_C._Clarke) = Sir Charles

[http://en.wikipedia.org/wiki/John\\_Stuart\\_Mill](http://en.wikipedia.org/wiki/John_Stuart_Mill)

[http://en.wikipedia.org/wiki/Martin\\_Gardner](http://en.wikipedia.org/wiki/Martin_Gardner)

[http://en.wikipedia.org/wiki/Samuel\\_Liddell\\_MacGregor\\_Mathers](http://en.wikipedia.org/wiki/Samuel_Liddell_MacGregor_Mathers)

[http://en.wikipedia.org/wiki/Edgar\\_Cayce](http://en.wikipedia.org/wiki/Edgar_Cayce)

[http://en.wikipedia.org/wiki/Heinrich\\_Cornelius\\_Agrippa](http://en.wikipedia.org/wiki/Heinrich_Cornelius_Agrippa)

[http://en.wikipedia.org/wiki/Gerald\\_Schueler](http://en.wikipedia.org/wiki/Gerald_Schueler)

[http://en.wikipedia.org/wiki/Roger\\_Penrose](http://en.wikipedia.org/wiki/Roger_Penrose)

[http://en.wikipedia.org/wiki/Hargrave\\_Jennings](http://en.wikipedia.org/wiki/Hargrave_Jennings)

[http://en.wikipedia.org/wiki/Franz\\_Bardon](http://en.wikipedia.org/wiki/Franz_Bardon)

[http://en.wikipedia.org/wiki/Ordo\\_Aurum\\_Solis](http://en.wikipedia.org/wiki/Ordo_Aurum_Solis)

<http://en.wikipedia.org/wiki/Vivekananda>

[http://en.wikipedia.org/wiki/Jim\\_Keith](http://en.wikipedia.org/wiki/Jim_Keith)

[http://en.wikipedia.org/wiki/Robert\\_Bauval](http://en.wikipedia.org/wiki/Robert_Bauval)

[http://en.wikipedia.org/wiki/Jim\\_Marrs](http://en.wikipedia.org/wiki/Jim_Marrs)

[http://en.wikipedia.org/wiki/Brady\\_Haran](http://en.wikipedia.org/wiki/Brady_Haran)

[http://en.wikipedia.org/wiki/Stephen\\_LaBerge](http://en.wikipedia.org/wiki/Stephen_LaBerge)

[http://en.wikipedia.org/wiki/Elias\\_Ashmole](http://en.wikipedia.org/wiki/Elias_Ashmole)

[http://en.wikipedia.org/wiki/Stanslav\\_Grof](http://en.wikipedia.org/wiki/Stanslav_Grof)

[http://en.wikipedia.org/wiki/Daniel\\_Estulin](http://en.wikipedia.org/wiki/Daniel_Estulin)

[http://en.wikipedia.org/wiki/Planck\\_length](http://en.wikipedia.org/wiki/Planck_length)

[https://en.wikipedia.org/wiki/Simon\\_Wiesenthal](https://en.wikipedia.org/wiki/Simon_Wiesenthal)

[http://en.wikipedia.org/wiki/Edwin\\_Yamauchi](http://en.wikipedia.org/wiki/Edwin_Yamauchi)

[http://en.wikipedia.org/wiki/John\\_Deere](http://en.wikipedia.org/wiki/John_Deere)

[http://en.wikipedia.org/wiki/Gary\\_Allen](http://en.wikipedia.org/wiki/Gary_Allen)

[http://en.wikipedia.org/wiki/Kahlil\\_Gibran](http://en.wikipedia.org/wiki/Kahlil_Gibran)

[http://en.wikipedia.org/wiki/Rudolf\\_Steiner](http://en.wikipedia.org/wiki/Rudolf_Steiner)

[http://en.wikipedia.org/wiki/Michael\\_A.\\_Hoffman\\_II](http://en.wikipedia.org/wiki/Michael_A._Hoffman_II)

[http://en.wikipedia.org/wiki/David\\_Ray\\_Griffin](http://en.wikipedia.org/wiki/David_Ray_Griffin)

[http://en.wikipedia.org/wiki/G.\\_Edward\\_Griffin](http://en.wikipedia.org/wiki/G._Edward_Griffin)

[http://en.wikipedia.org/wiki/George\\_Racey\\_Jordan](http://en.wikipedia.org/wiki/George_Racey_Jordan)

[http://en.wikipedia.org/wiki/Carroll\\_Quigley](http://en.wikipedia.org/wiki/Carroll_Quigley)

[http://en.wikipedia.org/wiki/George\\_Saliba](http://en.wikipedia.org/wiki/George_Saliba)

[http://en.wikipedia.org/wiki/John\\_H.\\_Noble](http://en.wikipedia.org/wiki/John_H._Noble)

[http://en.wikipedia.org/wiki/Harry\\_Elmer\\_Barnes](http://en.wikipedia.org/wiki/Harry_Elmer_Barnes)

[http://en.wikipedia.org/wiki/John\\_D.\\_Marks](http://en.wikipedia.org/wiki/John_D._Marks)

[http://en.wikipedia.org/wiki/Trevor\\_James\\_Constable](http://en.wikipedia.org/wiki/Trevor_James_Constable)

[http://en.wikipedia.org/wiki/Michael\\_Ruppert](http://en.wikipedia.org/wiki/Michael_Ruppert)

[http://en.wikipedia.org/wiki/Israel\\_Regardie](http://en.wikipedia.org/wiki/Israel_Regardie)

[http://en.wikipedia.org/wiki/Richard\\_Payne\\_Knight](http://en.wikipedia.org/wiki/Richard_Payne_Knight)

[http://en.wikipedia.org/wiki/Maria\\_Esperanza\\_de\\_Bianchini](http://en.wikipedia.org/wiki/Maria_Esperanza_de_Bianchini)

[http://en.wikipedia.org/wiki/Terence\\_McKenna](http://en.wikipedia.org/wiki/Terence_McKenna)

[http://en.wikipedia.org/wiki/Andrija\\_Puharich](http://en.wikipedia.org/wiki/Andrija_Puharich)

[http://en.wikipedia.org/wiki/James\\_Bamford](http://en.wikipedia.org/wiki/James_Bamford)  
( [http://en.wikipedia.org/wiki/The\\_Puzzle\\_Palace](http://en.wikipedia.org/wiki/The_Puzzle_Palace) )

[https://en.wikipedia.org/wiki/Alfred\\_Adler](https://en.wikipedia.org/wiki/Alfred_Adler)

[https://en.wikipedia.org/wiki/Otto\\_Bauer](https://en.wikipedia.org/wiki/Otto_Bauer) ?

[https://en.wikipedia.org/wiki/Walter\\_Benjamin](https://en.wikipedia.org/wiki/Walter_Benjamin) = Bendix Schonflies

[https://en.wikipedia.org/wiki/Ernst\\_Bloch](https://en.wikipedia.org/wiki/Ernst_Bloch)

[https://en.wikipedia.org/wiki/Felix\\_Braun](https://en.wikipedia.org/wiki/Felix_Braun)

[https://en.wikipedia.org/wiki/Max\\_Brod](https://en.wikipedia.org/wiki/Max_Brod)

[https://en.wikipedia.org/wiki/Franz\\_Kafka](https://en.wikipedia.org/wiki/Franz_Kafka)

[https://en.wikipedia.org/wiki/Stefan\\_Zweig](https://en.wikipedia.org/wiki/Stefan_Zweig)

[https://en.wikipedia.org/wiki/Hermann\\_Broch](https://en.wikipedia.org/wiki/Hermann_Broch)

Bruno Alfred Döblin

John Roderigo Dos Passos

[https://en.wikipedia.org/wiki/Carl\\_Einstein](https://en.wikipedia.org/wiki/Carl_Einstein)

[https://en.wikipedia.org/wiki/Lion\\_Feuchtwanger](https://en.wikipedia.org/wiki/Lion_Feuchtwanger)

[https://en.wikipedia.org/wiki/Anna\\_Freud](https://en.wikipedia.org/wiki/Anna_Freud)

Andre Paul Guillaume Gide

[https://en.wikipedia.org/wiki/George\\_Grosz](https://en.wikipedia.org/wiki/George_Grosz)

Ernst Heinrich Philipp August Haeckel

Jaroslav Hasek

[https://en.wikipedia.org/wiki/Walter\\_Hasenclever](https://en.wikipedia.org/wiki/Walter_Hasenclever)

[https://en.wikipedia.org/wiki/Raoul\\_Hausmann](https://en.wikipedia.org/wiki/Raoul_Hausmann)



[https://en.wikipedia.org/wiki/Magnus\\_Hirschfeld](https://en.wikipedia.org/wiki/Magnus_Hirschfeld)

[https://en.wikipedia.org/wiki/Georg\\_Jellinek](https://en.wikipedia.org/wiki/Georg_Jellinek)

[https://en.wikipedia.org/wiki/Karl\\_Kautsky](https://en.wikipedia.org/wiki/Karl_Kautsky)

[https://en.wikipedia.org/wiki/Hans\\_Kelsen](https://en.wikipedia.org/wiki/Hans_Kelsen)

<https://en.wikipedia.org/wiki/Klabund> = Alfred Henschke

[https://en.wikipedia.org/wiki/Annette\\_Kolb](https://en.wikipedia.org/wiki/Annette_Kolb)

[https://en.wikipedia.org/wiki/Siegfried\\_Kracauer](https://en.wikipedia.org/wiki/Siegfried_Kracauer)

[https://en.wikipedia.org/wiki/Karl\\_Kraus\\_\(writer\)](https://en.wikipedia.org/wiki/Karl_Kraus_(writer))

[https://en.wikipedia.org/wiki/Theodor\\_Mommsen](https://en.wikipedia.org/wiki/Theodor_Mommsen)

[https://en.wikipedia.org/wiki/Hans\\_Mommsen](https://en.wikipedia.org/wiki/Hans_Mommsen)

Else Lasker-Schüler

[https://en.wikipedia.org/wiki/Karl\\_Liebknecht](https://en.wikipedia.org/wiki/Karl_Liebknecht)

Thomas Stearns Eliot

John Roderigo Dos Passos

Erwin Rudolf Josef Alexander Schrödinger

[https://en.wikipedia.org/wiki/Emil\\_Ludwig](https://en.wikipedia.org/wiki/Emil_Ludwig)

[https://en.wikipedia.org/wiki/Rosa\\_Luxemburg](https://en.wikipedia.org/wiki/Rosa_Luxemburg)

Andre Malraux

Luiz (Ludwig) Heinrich Mann

[https://en.wikipedia.org/wiki/Thomas\\_Mann](https://en.wikipedia.org/wiki/Thomas_Mann)

[https://en.wikipedia.org/wiki/Klaus\\_Mann](https://en.wikipedia.org/wiki/Klaus_Mann)

[https://en.wikipedia.org/wiki/Walter\\_Mehring](https://en.wikipedia.org/wiki/Walter_Mehring)

[https://en.wikipedia.org/wiki/Gustav\\_Meyrink](https://en.wikipedia.org/wiki/Gustav_Meyrink)

Erich Mühsam

[https://en.wikipedia.org/wiki/The\\_Man\\_Without\\_Qualities](https://en.wikipedia.org/wiki/The_Man_Without_Qualities) = Robert Musil

[https://en.wikipedia.org/wiki/Carl\\_von\\_Ossietsky](https://en.wikipedia.org/wiki/Carl_von_Ossietsky)

[https://en.wikipedia.org/wiki/Adelheid\\_Popp](https://en.wikipedia.org/wiki/Adelheid_Popp)

Valentin Louis Georges Eugene Marcel Proust

( Friedrich Percival Reck-Malleczewen )

[https://en.wikipedia.org/wiki/Diary\\_of\\_a\\_Man\\_in\\_Despair](https://en.wikipedia.org/wiki/Diary_of_a_Man_in_Despair)

[https://en.wikipedia.org/wiki/Wilhelm\\_Reich](https://en.wikipedia.org/wiki/Wilhelm_Reich)

[https://en.wikipedia.org/wiki/Erich\\_Maria\\_Remarque](https://en.wikipedia.org/wiki/Erich_Maria_Remarque) = Remark

[https://en.wikipedia.org/wiki/Karl\\_Renner](https://en.wikipedia.org/wiki/Karl_Renner)

[https://en.wikipedia.org/wiki/Joachim\\_Ringelnatz](https://en.wikipedia.org/wiki/Joachim_Ringelnatz)

[https://en.wikipedia.org/wiki/Joseph\\_Roth](https://en.wikipedia.org/wiki/Joseph_Roth)

[https://en.wikipedia.org/wiki/Nelly\\_Sachs](https://en.wikipedia.org/wiki/Nelly_Sachs)

[https://en.wikipedia.org/wiki/Felix\\_Salten](https://en.wikipedia.org/wiki/Felix_Salten)

[https://en.wikipedia.org/wiki/Arthur\\_Schnitzler](https://en.wikipedia.org/wiki/Arthur_Schnitzler)

[https://en.wikipedia.org/wiki/Anna\\_Seghers](https://en.wikipedia.org/wiki/Anna_Seghers)

[https://en.wikipedia.org/wiki/Walter\\_Serner](https://en.wikipedia.org/wiki/Walter_Serner)

[https://en.wikipedia.org/wiki/Ignazio\\_Silone](https://en.wikipedia.org/wiki/Ignazio_Silone) = Secondino Tranquilli

Rudolf Joseph Lorenz Steiner

[https://en.wikipedia.org/wiki/B.\\_Traven](https://en.wikipedia.org/wiki/B._Traven)

[https://en.wikipedia.org/wiki/Kurt\\_Tucholsky](https://en.wikipedia.org/wiki/Kurt_Tucholsky)

[https://en.wikipedia.org/wiki/Armin\\_T.\\_Wegner](https://en.wikipedia.org/wiki/Armin_T._Wegner)

[https://en.wikipedia.org/wiki/H.\\_G.\\_Wells](https://en.wikipedia.org/wiki/H._G._Wells)

[https://en.wikipedia.org/wiki/Franz\\_Werfel](https://en.wikipedia.org/wiki/Franz_Werfel)

[https://en.wikipedia.org/wiki/Arnold\\_Zweig](https://en.wikipedia.org/wiki/Arnold_Zweig)

Mohandas Karamchand Gandhi

[https://en.wikipedia.org/wiki/Mother\\_Teresa](https://en.wikipedia.org/wiki/Mother_Teresa)

///

[https://en.wikipedia.org/wiki/FP\\_Top\\_100\\_Global\\_Thinkers](https://en.wikipedia.org/wiki/FP_Top_100_Global_Thinkers)

list conducted by Foreign Policy magazine  
objective was to determine the 100 most important public intellectuals  
who are still alive and active in public life

///

[https://en.wikipedia.org/wiki/Elon\\_Musk](https://en.wikipedia.org/wiki/Elon_Musk) = Reeve

<https://en.wikipedia.org/wiki/Hyperloop>

[https://en.wikipedia.org/wiki/Martin\\_Rees](https://en.wikipedia.org/wiki/Martin_Rees) = JOHN LUDLOW

///

NASA - Craig Kletzing of the University of Iowa

Chorus is an electromagnetic phenomenon caused by plasma waves in Earth's radiation belts.

In particular, chorus might be responsible for so-called "killer electrons,"

high-energy particles that can endanger both satellites and astronauts.

Many electrons in the radiation belts are harmless,

with too little energy to do damage to human or electronic systems.

But, sometimes, these electrons can catch a chorus wave,

like a surfer riding a wave on Earth,

and gain enough energy to become dangerous—or so researchers think.

“The production of killer electrons is a matter of much debate,

and chorus waves are only one possibility”

notes the Storm Probes mission scientist Dave Sibeck.

///

[https://en.wikipedia.org/wiki/Asteroid\\_mining](https://en.wikipedia.org/wiki/Asteroid_mining)

+

Planetary Resources, Inc. - formerly known as Arkyd Astronautics

+

Deep Space Industries (DSI) is a privately-held American company in the asteroid mining sector with plans to offer general utility commercial space services beginning in approximately 2016.

///

[http://en.wikipedia.org/wiki/Why\\_People\\_Believe\\_Weird\\_Things](http://en.wikipedia.org/wiki/Why_People_Believe_Weird_Things)

Pseudoscience, Superstition, and Other Confusions of Our Time is 1997 book

by science writer Michael Shermer.

The foreword was written by Stephen Jay Gould.

=====

=====

## = DOCUMENTARY MOVIES = DOCUMENTARIES =

=====

3 Still Standing (2014)

3 1/2 Minutes Ten Bullets (2015)

9 meses dias - 2009

9 to 5 - Days in Porn (2008)

10 What Makes Hero (2013)

12th and Delaware = 2010 = Rachel Grady and Heidi Ewing

17 Degrees Ain't Nothing (2010) = <http://www.17degreesaintnothing.com/home>

21 Below (2009)

30 Seconds Away - Breaking the Cycle (2015) = <http://www.30secondsaway.com/get-involved>

51 Birch Street (2005)

61 BULLETS = 2014 = David Modigliani = <http://www.61bullets.com/>

65\_RedRoses 2009

97 % Owned (2012)

400 Years of the Telescope (2009)

420 - 2013 - Amy Povah

3801 Lancaster - American Tragedy (2015) = <http://3801lancaster.com/>

About Face - Supermodels Then and Now 2012

Above and Beyond (2014)

Abundance Factor (2015) = <http://www.theabundancefactormovie.com/>

Act of Killing (2012)

Adjust Your Tracking (2013)

Africa (2013) David Attenborough

African Cats (2011)

African Independence = 2013 = Tukufu Zuberi

After Porn Ends (2012)

After Tiller (2013)

Against the Tide (2009) Richard Trank

Ai Weiwei - Never Sorry (2012) Alison Klayman

Ai Weiwei - Fake Case (2013) Andreas Johnsen

Aleppo - 2014 - Michal Przedlacki / Wojciech Szumowski

Alex Grey and The Chapel of Sacred Mirrors 2006

Alien Boy The Life and Death of James Chasse (2013)

Alive Inside (2014)

All This Mayhem (2014)

All Things Must Pass (2015)

Along Recovery (2012) = <http://www.alongrecovery.com/>

Altman (2014)

Always Faithful (2012) US Marines - Afghanistan and Iraq

Am Because We Are (2008)

Amazing Shadows (2011)

Amazon Code - Grammar Happiness ?

Ambassador (2011)

American - Bill Hicks Story (2009)

American Beer (2004)

American Commune (2013)

American Courtesans (2013)

American Crime (2007)

American Drug War - Last White Hope (2007)

American Drug War 2: Cannabis Destiny (2013)

American Empire (2012)

American Grindhouse (2010) Elijah Drenner

American Journey 2009

American Nightmare (2000)

American Promise (2013)

American Wine Story (2014)

American Winter (2013)

America\_s Book of Secrets

America\_s Victoria - Remembering Victoria Woodhull (1998)

Amongst White Clouds (2005) Edward A. Burger

Amy Winehouse - 2015

An Honest Liar (2014)

Anatomy of Hate (2009)

Andrew Marr\_s History of the World

Angel of Nanjing (2015)

Angela\_s Ashes 1999

Anima Mundi (1992)

Animal Condition (2014)

Anne Frank Remembered

Antarctica - Year on Ice (2013) Anthony Powell

Antarctic Edge 70 South (2015)

Anton Corbijn Inside Out (2012)

Apology To Elephants (2013)

Armor of Light (2015) <http://www.armoroflightfilm.com/>

Armstrong Lie 2013

Arroba (2008)

Armadillo (2010)

Art of the Game (2014)

Art of the Prank (2015) = Joey Skaggs

Aroused (2013)

Ashes and Snow (2005) Gregory Colbert

Assaulted - Civil Rights Under Fire (2013)

Aswang Phenomenon (2011)

Atari - Game Over (2014)

At the Death House Door (2008)

At the Edge of the World (2008)

Atheism Tapes - Jonathan Miller

Athlete (2010)

Atomic States of America (2012)

Aya - Awakenings (2013)

Ayn Rand Sense of Life (1997) + Ayn Rand In Her Own Words (Video 2011)

Ayurveda Art of Being (2001)

Bad Brains - Band in DC (2012)

bag it = 2010 = <http://www.bagitmovie.com/>

Bananas (2009) Juan "Accidentes" Dominguez is on his biggest case ever.

Banking on Heaven (2005)

Baraka (1992)

Bastards of the Party (2005)

Battered Bastards of Baseball (2014)

Battle For Marjah (2010)

Battle Over Citizen Kane

Bazaar of All Nations (2010) = <http://www.thebazaarofofallnations.com/DVD.htm>

Bears (2014) Alaskan bear family - DISNEY NATURE

Beats Rhymes Life - Travels of Tribe Called Quest (2011)

Beautiful Darling (2010)

Beautiful Losers (2008)

Beautiful Truth (2008)

Beef 2003 + 2004 + 2005 Peter Spierer

Beer Wars (2009)

Behind Forgotten Eyes (2007) Anthony Gilmore

Beneath the Helmet = <https://www.beneathhelmet.com/the-film/>

Best Kept Secret (2013) Samantha Buck

Betrayal - Nerakhoon (2008)

Better Life - Exploration of Joy and Meaning in World Without God (2015)

Between the Folds (2008)

Beware of Mr. Baker (2012)

Beyond Our Differences (2008)

Beyond Our Ken (2008)

Big Boys Gone Bananas (2011)

Big Eyes 2014

Big Star Nothing Can Hurt Me (2012)

Biggie and Tupac (2002)

Bill Cunningham New York 2010

Black and White and Dead All Over (2013)

Black Tar Heroin = 1999 = <http://farfilm.com/films/black-tar-heroin.html>

Blackfish (2013)

Blood and Oil (2008) = <http://www.bloodandoilmovie.com/>

Blood Brother 2013

Blue Alchemy - Stories of Indigo (2011) = <http://www.bluealchemyindigo.com/>

Blue Gold - World Water Wars (2008)

BOMB HARVEST = 2007 = LAOS

Bomb It 2007 + 2010

Bones Brigade - Autobiography (2012)

Born Into Brothels - Calcutta's Red Light Kids – 2004

Born into This - 2003 - Charles Bukowski

Born to Be Wild (2011)

Botany of Desire (2009)

Bottled Life Nestle's Business with Water (2012)

Boys of Baraka (2005)

Bravo - Common Men - Uncommon Valor (2011) = <https://bravotheproject.com/>

Breach (2014) = <http://www.thebreachfilm.com/>

Breath of Life (2014)

Bridgewater Triangle (2013)

Broken Heart Land (2014)

Brother's Keeper (1992) - murder trial of Delbert Ward



Brotherhood of the Popcorn (2014)

Bulb Fiction (2011) Christoph Mayr

Bulli Cooking in Progress (2010)

Burma VJ Reporter lukket land (2008)

bus 174 - 2002 - what happened in Rio de Janeiro on June 12th 2000

Buscando Gaston (2014) Julia Patricia Perez

Busking for Berlin (2014) Carl Tomich

Butterfly Girl (2014)

Call Me Kuchu (2012) Katherine Fairfax Wright / Malika Zouhali\_Worrall

Call Of Entrepreneur (2007)

Cameraman - Life and Work of Jack Cardiff (2010)

Camp 14 - Total Control Zone (2012)

Cancerpants (2011)

Candyman (2010)

Capital\_C (2014) Timon Birkhofer - J. M. Kunderling

Captivated - Trials of Pamela Smart (2014)

Captive Beauty (2011)

Capturing the Friedmans (2003)

Carb\_Loaded Culture - Dying to Eat (2014)

Cartel Land (2015)

Case Against 8 – 2014

Casino Jack and the United States of Money (2010)

Catching Hell (2011)

Catfish (2010) - Ariel Schulman

Cave of Forgotten Dreams (2010) Werner Herzog

Central Park Five (2012) – ken and sarah burns

Cereal Killers (2013)

Certain Kind of Death (2003)

Change - Life Particle Effect (2013) = <http://movie.changeyourenergy.com/change/>

Chaos - BBC - High Anxieties

Charles Darwin and the Tree of Life (2009) David Attenborough

Charlotte - Wooden Boat Story (2011) = <http://www.charlottethefilm.com/>

Chasing Beauty (2013) - Brent Huff

Chasing Ghosts - Beyond the Arcade (2007)

Chasing Ice (2012) nature photographer James Balog = <https://chasingice.com/>

Chasing Madoff (2010)

Chasing Red (2015) Running of the Bulls - Pamplona Spain / Dennis Clancey

Cheshire Murders 2013

Chevolution - 2008

chicago Girl - Social Network Takes on Dictator (2013) = <http://www.chicagogirlfilm.com/>

Chimpanzee - 2012 - Alastair Fothergill / Mark Linfield

Chronos (1985)

Cinematographer Style (2006) jon fauer = <http://www.cinematographerstyle.com/>

Circle the Wagen (2013)

Cirque Table in Heaven (2007)

Citizen Architect - Samuel Mockbee - Spirit of Rural Studio (2010) Wainwright Douglas

Citizen Koch (2013)

Citizenfour (2014) Edward Joseph Snowden

Clash of the Gods

Class Dismissed (2015) = <http://classdismissedmovie.com/>

Client 9 Rise and Fall of Eliot Spitzer (2010)

Climate of Change (2010) global warming

CM101MMXI Fundamentals (2013) Cem Yilmaz

Cobain - Montage of Heck (2015)

Cocaine Cowboys 2006 + 2008 / William BILL Cohen

Code 2600 (2011) Jeremy Zerechak

Cola Road (2013) = WARD

cold - 2011 - Simone Moro / Denis Urubko / Cory Richards

Collapse (2009) = [https://en.wikipedia.org/wiki/Michael\\_Ruppert](https://en.wikipedia.org/wiki/Michael_Ruppert)

Collecting sgt. Dan (2014) = <http://www.collectingsgtandmovie.com/>

Collective Evolution 2010

Collective Evolution 2011 - Human Experience

Collective Evolution 2014 - shift

color blind = 2005 = <http://www.colorblinddocumentary.com/story.html>

Competition (2013) = <http://www.plataformaarquitectura.cl/cl/tag/angel-borrego-cubero>

Concerning Violence (2014) Göran Hugo Olsson

Confessions of an Eco-Terrorist (2010)

Confessions of Superhero (2007) Matthew Ogens = <http://www.therealsuperhero.com/>

Consuming Kids - Commercialization of Childhood (2008) Jeremy Earp

Cool School (2008) Morgan Neville

Corman\_s World - Exploits Of Hollywood Rebel - 2011

Cosmos (1980) Carl Sagan + His Last Interview / Cosmos - Spacetime Odyssey (2014)

Cosplayer Nation (2014) history of the act of costume play

Countdown to Zero (2010) Lucy Walker = nuclear weapons = <http://countdowntozero.com/>

Cove (2009)

Cowspiracy - Sustainability Secret (2014)

Crash Reel (2013) Lucy Walker = Kevin Pearce = <http://thecrashreel.com/about-the-film/>

Crawford (2008) BUSH = David Modigliani

Crazy Love (2007) = [https://en.wikipedia.org/wiki/Fisher\\_Stevens](https://en.wikipedia.org/wiki/Fisher_Stevens) = <http://www.crazylovefilm.com/>

Crazy Sexy Cancer (2007)

Crimson Wing - Mystery of lesser flamingos in Tanzania (2008) = <http://nature.disney.com/the-crimson-wing>

Crisis of Civilization (2011) = [https://en.wikipedia.org/wiki/Nafeez\\_Mosaddeq\\_Ahmed](https://en.wikipedia.org/wiki/Nafeez_Mosaddeq_Ahmed)

Crossing the Line (2006) Daniel Gordon

Crude Awakening Oil Crash 2006

Crumb = 1994 = Robert

Crusades - Crescent and the Cross - History Channel

Crystal Lake Memories - Complete History of Friday the 13\_th (2013) Daniel Farrands

Ctrl Alt Compete (2011) young tech\_entrepreneurs seeking to solve problems and change the world

Cutie and the Boxer (2013)

Damnation (2014)

Damned - English punk artist - Don\_t You Wish That We Were Dead (2015) = <http://damneddoc.com/>

Danny Fields Says (2015) Brendan Toller = [http://dannysaysfilm.com/Danny\\_Says/Danny\\_Says.html](http://dannysaysfilm.com/Danny_Says/Danny_Says.html)

Dark Days (2000) Marc Singer

Dark Matter of Love (2012) = <http://www.thedarkmatteroflove.com/>

Darwin\_s Nightmare (2004) Hubert Sauper = <http://www.darwinsnightmare.com/>

dawg fight = 2015 = William BILL Cohen = <http://www.dawg-fight.com/>

Dead Hands Dig Deep (2016) = <http://www.deadhandsdigdeep.com/>

Deadline 2004

Dear Governor Cuomo (2012)

Dear Zachary - Letter to Son About His Father (2008) Kurt Kuenne = <http://www.dearzachary.com/>

Death and Resurrection Show (2013) 30 year history of British post\_punk industrial band Killing Joke

Death as Life (2012) = <http://sofiawellman.com/inspirational-products/coping-with-death-film/>

Death in Gaza (2004) israeli\_palestinian conflict / while filming, James Miller was killed by soldier

Decade Under the Influence 2003

Deep Time (2015) Noah Hutton = <http://www.deeptimefilm.com/>

Deep Web (2015)

DEFCON (2013) Jason Scott Sadofsky

Defector - Escape from North Korea (2012) = <http://thedefectormovie.com/>

Delivery (2014) Mark Myers = <http://outtahouse.com/deliverythedoc/>

Democrats (2014) Camilla Nielsson

Der Banker - Master of the Universe - 2013 - Marc Bauder

Desert Runners 2013

design is one - VIGNELLIS (2012) = <http://designisonefilm.com/>

Destressed (2014) - Garry Pastore

Detropia (2012) = <http://detropiathefilm.com/>

Dhamma Brothers (2008)

Diana Vreeland - Eye Has to Travel (2011)

Dinosaur 13 (2014) = <http://www.dinosaur13movie.com/>

dior and i – 2014

Dirt The Movie (2009)

Dirty Pictures (2010)

Dirty Wars - 2013 - Jeremy Scahill

Disease They Call FAT (2015) = <https://diseasetheycallfat.tv/>

Divide in Concord (2014) = <http://divideinconcord.com/about-the-film/>

Divorce Corp (2014) = <http://www.divorcecorp.com/>

DMT - Spirit Molecule (2010)

Do the Math (2013) fossil fuel industry

Doctored (2012)

Dodo (2006) Bob Golub

Dog Named Gucci (2015) = <http://www.adognamedgucci.com/>

Dogtown and Z\_Boys (2001) skateboarding

Don\_t Think I\_ve Forgotten Cambodia\_s Lost Rock and Roll (2014)

Downloaded (2013) Alex Winter

Dragon\_s Back Race (2013) = Richard Heap

Drei Sterne - Die Köche und die Sterne (2010)

Druglawed = 2015 = <http://www.druglawed.com/> =

DSKNECTD (2013)

Dwarf in China (2014) = <http://www.thedwarfinchina.com/>

Dwarves Kingdom (2015) Matthew Salton

Dying to Have Known (2006)

E-Team (2014) <http://www.eteamfilm.com/>

E\_Motion (2014) human emotions / physiology of the human body = <https://www.e-motionthemovie.com/>

Eames Architect Painter (2011) Charles and Ray

Earl Hamner - Storyteller (2015) = <http://earlhamnerstoryteller.com/>

Earth - Power of the Planet - geologist Dr. Iain Stewart

Earthlings (2005)

Easy Riders / Raging Bulls - How Sex Drugs and Rock\_N\_Roll Generation Saved Hollywood - 2003

Eat This New York (2004)

Ecstasy of Order - Tetris Masters (2011)

Egan Murders = 2015

Ekümenopolis - ucu olmayan şehir (2011)

Elder in the Making (2015) = <http://elderinthemaking.com/>

Electronic Awakening (2011) (2012?) spiritual history of electronic music culture

Electric Boogaloo - Wild Untold Story of Cannon Films – 2014

Eleven (2014) George Retelas

Emperor's New Clothes (2015) growing disparity between economic classes = Michael Winterbottom

Empress of Ireland (2012) Stephan Parent

Emptying the Skies (2013)

Encounters at the End of the World 2007

Endurance (1999) distance runner Haile Gebrselassie

End (2004) Kirby Dick

End of Poverty (2008)

End of the Road - How Money Became Worthless (2012) Tim Delmastro

Enemies of Reason (2007)

Enemies of the People (2009) Cambodia = <http://enemiesofthepeoplemovie.com/>

English Surgeon (2007) = <http://www.theenglishsurgeon.com/>

Enron - Smartest Guys in the Room 2005

Entertainers (2012) = NICK HOLLE / Michael Zimmer

Epic Java (2013)

Escobar Pablo = Sins of My Father (2009) / Two Escobars (2010)

Ethos (2011) Woody Harrelson

Evaporating Borders (2014) iva radiojevic

Evergreen - Road to Legalization in Washington - 2013

Every Pixel Tells Story (2002)

Everyday Sunshine The Story of Fishbone (2010)

Everybody Street (2013)

Eye on the Sixties - Iconic Photography of Rowland Scherman (2013)

Execution (2006) STEVEN SCAFFIDI

Exile by Choice (2015) = <http://www.roamingbearmovie.com/>

Exile Nation - Plastic People (2014) - Charles Shaw

Exit Through the Gift Shop (2010)

Extreme Ultra Runner David Horton (2006)

Faith Connections (2013)

Farewell to Hollywood (2013)

Farmageddon (2011) = <http://farmageddonmovie.com/film/>

Fat - What No One Is Telling You (2007) Andrew Fredericks

Fat Sick Nearly Dead 2010 + 2014 = <http://www.fatsickandnearlydead.com/>

favela rising = 2005 = <http://favelarising.com/>

Fearless Freaks (2005)

Fed Up (2014) causes of obesity

Filmage (2013) history of American punk rock bands - Descendents and ALL

final member 2012 jonah bekhor

Finders Keepers (2015)

Finding Fela (2014) - Nigerian singer Kuti

Finding Joe (2011) = <http://findingjoethemovie.com/about/>

Finding Vivian Maier (2013)

Fire in the Blood (2013)

First Cousin Once Removed 2012

First Life - David Attenborough

First Movie (2009) Mark Cousins

Five Broken Cameras 2011

Fixation (2012) world of fixed gear cycling / Alex Trudeau Viriato

Flag Wars (2003) Laura Poitras

Flaw (2011) David Singleton

Floored (2009) Chicago floor traders

Flow - For Love of Water (2008) = <http://www.flowthefilm.com/>

Fluoride - Poison On Tap / Paul Wittenberger and Chris Maple

Flying Again (2016) = <http://flyingagainmovie.com/>

Flying Monsters - David Attenborough

Flying the Feathered Edge (2014) = <http://www.thebobhooverproject.com/>

Fog of War - Eleven Lessons – 2003

follow friday = 2013 = <http://followfridaythefilm.com/the-film/>

Foo Fighters - Back and Forth - 2011

Food Fight (2008)

Food Inc (2008) = <http://www.takepart.com/foodinc>

Food Matters (2008)

Food Stamped (2010)

Foodies 2014

For No Good Reason 2012

For the Bible Tells Me So (2007)

For the Love of Tango (2014) Susan Kucera

Forest of the Dancing Spirits (2013) = <http://forestofthedancingspirits.com/>

Forgotten on the Bayou - Rockey\_s Mission to the White House (2007) STEVEN SCAFFIDI

Forks Over Knives (2011)

Four Horsemen (2012) - Ross Ashcroft

Fragile Waters (2014) orcas

Freakonomics (2010)

Free to Play (2014) = <http://www.freetoplaythemovie.com/>

Freestyle - Art of Rhyme (2000)

Fresh (2009) Ana Sofia Joanes

Frozen Planet (2011) David Attenborough

From Borehamwood to Hollywood = Rise and Fall and Rise of Elstree (2014) = <http://theelstreeproject.org/>

From Here to There (2014) = <http://www.fromheretothere.doc.com/about.html>

FUEL = 2008 = Joshua Tickell

Full Battle Rattle (2008) <http://www.jessemoss.com/Full-Battle-Rattle>

Future of Food (2004) = <http://www.thefutureoffood.com/>

Gamer Age (2014) ian santer

Garden (2008) = COMMUNITY L.A. = <http://www.thegardenmovie.com/>

Gardeners of Eden (2014)

GASHOLE (2010) = <http://www.gasholemovie.com/>

gasland 1 + 2 = <http://www.gaslandthemovie.com/>



Genetic Roulette - Gamble of our Lives (2012)

Genius of Charles Darwin = 2008 = <https://richarddawkins.net/>

Genocide Gentleman - Class\_A\_War\_Criminals of UK and US (2015) Benjamin Fulford

Gerhard Richter - Painting (2011) = <http://www.gerhardrichterpainting.com/>

Get Lamp (2010) = <http://www.getlamp.com/>

Ghosts in Our Machine (2013) = <http://www.theghostsinourmachine.com/>

Giant Buddhas (2005)

Gideon\_s Army (2013)

Girl 27 (2007) David Stenn

Girl Model (2011) = <http://girlmodelthemovie.com/>

Girlhood (2003) Liz Garbus

Give Up Tomorrow - 2011 - Michael Collins

GLOW - Story of the Gorgeous Ladies of Wrestling - 2012 = <http://www.glowthemovie.com/>

GMO OMG (2013) = <http://www.gmofilm.com/>

Go Boys - Inside Story of Cannon Films (2014) Hilla Medalia

Go Far - Christopher Rush Story (2013) = <https://www.gofarmovie.com/>

Go Further (2003) - road trip on bio\_fueled bus

Go Tigers (2001) Kenneth A. Carlson

God Loves Uganda (2013)

God Who Wasn\_t There (2005) = <http://www.thegodmovie.com/>

Going Clear - Scientology and the Prison of Belief (2015) Alex Gibney

Going to Pieces - Rise and Fall of the Slasher Film (2006)

Gonzo - Life and Work of Dr\_Hunter Thompson 2008

Good Game (2014) = <http://goodgamemovie.com/>

Goodnight Sugar Babe - Killing of Vera Reigle

Google and the World Brain (2013)

GORED (2015) Antonio Barrera / bullfighting = <http://www.goredthemovie.com/>

GOSHEN = 2015 = <http://www.goshenfilm.com/>

Got the Facts on Milk (2008) Shira Lane = <http://www.milkdocumentary.com/>

Grass (1999)

Grazing the Sky (2013) circus performers

Great Day in Harlem 1994 = <http://www.a-great-day-in-harlem.com/>

Great Expectations (2007) Jesper Wachtmeister = <http://www.solarisfilm.se/portfolio/great-expectations/>

Greasy Hands Preachers (2014)

Gregory Crewdson - Brief Encounters (2012) = <http://www.gregorycrewdsonmovie.com/>

Gray Matter (2004) Joe Berlinger

Great Hip Hop Hoax (2013)

Great Barrier Reef - Monty Halls

Great Invisible (2014) Deepwater Horizon oil rig explosion = Margaret Brown

Great Migrations (2010) Alec Baldwin

Great Rift (2010)

Great Hip Hop Hoax (2013) = <http://www.hiphophoax.com/>

Greatest Movie Ever Sold - 2011 - Morgan Spurlock

Green Prince (2014) Mosab Hassan Yousef / Hamas

Grizzly Man (2005)

Ground We Won (2015) rugby = <http://thegroundwewon.com/>

Guest of Cindy Sherman (2008) = <http://www.guestofcindysherman.com/>

Gui tu lie che (2009)

Guilty Except for Insanity (2013) = <http://www.guiltyexcept.com/>

Hackers Are People Too (2008)

Hacking Democracy (2006) anomalies and irregularities with electronic voting systems

Halloween - 25 Years of Terror (2006)

Handmade Nation (2009) d. i. y.

Hank - 5 Years from the Brink (2013)

Happiness Is (2009)

Happy People - Year in the Taiga (2010)

Happy Valley - 2014

Hard Times Lost on Long Island (2012)

Harry Dean Stanton - Partly Fiction (2012)

Head Games (2012) <http://headgamesthefilm.com/>

Heal for Free (2014) Kroschel

Healing Neen (2010) = <http://healingneen.com/>

Heart of the Game = 2005 = Roosevelt Roughriders girls basketball team

Heist - Who Stole the American Dream (2011) = <http://heist-themovie.com/>

Hell and Back Again 2011

Hellstorm (2015) Kyle Hunt

Henri Cartier\_Bresson - Biographie eines Blicks (2003)

Herb and Dorothy (2008) art collectors = <http://herbanddorothy.com/>

Herblock The Black White (2013)

Herman\_s House (2012)

High Score (2006) = <http://www.highscoremovie.com/about-synopsis.html>

Hill Chris Climbed - Gridiron Heroes Story (2011)

Hip\_Hop Beyond Beats And Rhymes (2006)

His Name Was Jason - 30 Years of Friday the 13th (2009)

Hofmann\_s Potion (2002)

Holy Wars (2010) Stephen Marshall

Home (2009) = [https://en.wikipedia.org/wiki/Yann\\_Arthus-Bertrand](https://en.wikipedia.org/wiki/Yann_Arthus-Bertrand)

Hoodslam = Accidental Phenomenon (2014) =

Hooligan Sparrow (2016) = <http://hooligansparrow.com/>

Hoop Dreams (1994)

Hope for Hurting Hearts (2013) Greg Laurie

Hornet\_s Nest (2014)

Horror in the East (2001)

Hot Coffee (2011) Susan Saladoff = impact of tort reform on the United States judicial system

Hot Girls Wanted (2015)

Hotline (2014) Tony Shaff

House of Suh (2010) <http://www.iriskshim.com/>

House Live In 2012

How Earth Made Us (2010) geologist Iain Stewart

How the Universe Works - Mike Rowe

How to Change the World (2015) = Greenpeace = <http://howtochangetheworldmovie.com/>

How to Draw Bunny (2002) Raymond Edward Johnson

How to Make Money Selling Drugs (2012)

How to Survive a Plague 2012

How Weed Won the West (2010)

Human = 2015 = [https://en.wikipedia.org/wiki/Yann\\_Arthus-Bertrand](https://en.wikipedia.org/wiki/Yann_Arthus-Bertrand)

Human Face = 2001 = 4 part BBC series

Human Experience (2008)

Human Experiment (2013)

Human Planet (2011)

Human Universe (2014) Professor Brian Cox

Hungry (2014) hot dogs eating competition

Hungry for Change (2012)

Hypothesis (2010)

Hurricane of Fun - Making of Wet Hot (2015) David Wain and Michael Showalter

i am (2010) Thomas Peter Shadyac = <http://www.iamthedoc.com/thefilm/>

i am Divine (2013)

i am Santa Claus (2014) Tommy Avallone

i dream of wires (2014) = <http://www.idreamofwires.org/>

i have Never Forgotten You - Life and Legacy of Simon Wiesenthal (2007)

I.O.U.S.A. (2008) Patrick Creadon

i Like Killing Flies (2004)

i thought i Told You to Shut Up (2015) Charlie Tyrell

Ice Warriors - USA Sled Hockey (2014) = <http://www.pbs.org/wgbh/medal-quest/ice-warriors/>

if i should fall (2010) = <http://www.ifishouldfall.com/>

If Tree Falls - Story of the Earth Liberation Front (2011)

ikland = 2011 = <http://iklandmovie.com/>

Im Keller (2014) In the Basement = Ulrich Seidl = [https://de.wikipedia.org/wiki/Im\\_Keller\\_\(2014\)](https://de.wikipedia.org/wiki/Im_Keller_(2014))

Immortalists (2014) <http://theimmortalists.com/>

Imposter 2012

In Country (2014) recreating Vietnam War = <http://www.incountryfilm.com/>

In Organic We Trust (2012)

In Realms Of Unreal (2004)

In Search of the Perfect Human Diet (2012)

Incendiary - The Willingham Case (2011)

Incredible Human Journey = <http://www.alice-roberts.co.uk/>

indie game (2012) Lisanne Pajot - James Swirsky

Infamy (2005) graffiti culture

Informant (2012) Brandon Darby

Ingredients (2009) <http://www.ingredientsfilm.com/>

Inheritance (2006) Monika Hertwig Christiane Knauss - daughter of Amon Leopold Göth

Inner Outer Worlds (2012)

Interrupters 2011

Inside Deep Throat 2005

Inside Mecca (2003) National Geographic

inside meltdown - frontline

Institute 2013 Jeune = <http://www.theinstitutemovie.com/>

Internet\_s Own Boy - Story of Aaron Swartz – 2014

Into the Abyss (2011) Tale of Life / Death = Werner Herzog

Invisible Circus - No Dress Rehearsal (2010) = <http://www.invisiblecircusfilm.com/about-the-film.php>

Invisible Empire - New World Order Defined (2010)

Invisible War 2012

Invocation (2010) emmanuel itier

Iraq for Sale - War Profiteers (2006) [https://en.wikipedia.org/wiki/Robert\\_Greenwald](https://en.wikipedia.org/wiki/Robert_Greenwald)

Iris Apfel 2014

Isole (2014) Francesca Floris / Kristijonas Dirse

Issues with My Tissues (2015)

It\_s girl - Three Deadliest Words in the World (2012) <http://www.itsagirlmovie.com/>

italian fascism in color - 2007

James Dean - Forever Young (2005)

Jean Michel Basquiat Radiant Child (2010)

Jesus Camp (2006)

Jiro Ono - Dreams of Sushi (2011) <http://www.magpictures.com/jirodreamsofsushi/>

Joseph Campbell - Sukhavati (2005)

Journey of Hanuman (2013) Lola Creel

Journey of the Universe (2011) David Kennard = <http://www.journeyoftheuniverse.org/>

Journey to the Edge of the Universe (2008)

Just Like Being There (2012) gig posters

Just Melvin Evil (2000) James Ronald Whitney

K2 - Siren of the Himalayas (2012)

Kelly\_s Hollywood (2015) = <http://kellyshollywood.com/About.html>

Kharma Bums (2015) = Jeremiah Kent

Kidnapped for Christ (2014) <http://www.kidnappedforchrist.com/>

Kids for Cash (2013)

Kill Team (2013) <http://killteammovie.com/>

Kill Your Idols (2004)

Killer at Large (2008)

Killer Legends (2014)

Killer Speaks

King Corn (2007) <http://www.kingcorn.net/>

King of Arcades (2014)

King of Kong - Fistful of Quarters - 2007 - Seth Gordon

Kingdom of Plants - David Attenborough

Koch Brothers Exposed (2012) Robert Greenwald

Kochuu (2003) Jesper Wachtmeister = <http://www.solarisfilm.se/portfolio/kochuu/>

Koyaanisqatsi (1982)

Kumare 2011

Kung Fu Pioneer (2012) = <http://www.puichan.com/>

Kymatica (2009) Benjamin Stewart ???

L\_amour fou (2010) relationship between fashion designer Yves Saint-Laurent and Pierre Berge

L\_image manquante - 2013 - Rithy Panh

Laamb - 2013 - Kristoffer Hegnsvad

La Belle Vie = Good Life = 2015 = <http://www.labelleviefilm.com/>

La marche de L'empereur - 2005 - Penguins ( LUC JACQUET )

Lagerfeld Confidential (2007)

LALÉE\_S KIN - Legacy of Cotton – 2001

Land of Confusion (2008) Jeremy Zerechak

Lasseter\_s Bones (2013)

Last Call at the Oasis (2011) world\_s water crisis

Last Day of the Dinosaurs (2010)

Last Days (1998) Hungarian Jews

Last Days in Vietnam (2014) Rory Elizabeth Katherine Kennedy = <http://www.lastdaysinvietnam.com/>

Last Gladiators (2011) – ICE HOCKEY

Last Impresario (2013) Michael White

Last Word (2008) = Jesse Quackenbush = <http://www.thelastworddocumentary.com/>

Le dernier des injustes (2013)

Lessons of Basketball and War (2015) = <http://www.lessonsofbasketballandwar.com/>

Lest We Forget What (2015) Rachel Landers

Let the Fire Burn (2013)

Let the Scream Be Heard (2013) Norwegian artist Edvard Munch

Letting Go of God (2008) = [https://en.wikipedia.org/wiki/Julia\\_Sweeney](https://en.wikipedia.org/wiki/Julia_Sweeney)

Let\_s Make Money (2008) Erwin Wagenhofer = <http://www.letsmakemoney.at/derfilm/credits.html>

Life\_s Dive (2014)

Life + Life Story ? (2009) David Attenborough

Life 2.0 (2010)

Life According to Sam Berns (2013) Hutchinson\_Gilford progeria syndrome

Life and Crimes of Doris Payne (2013)

Life in Cold Blood - David Attenborough

Life in the Undergrowth (2005) David Attenborough

Life Itself (2014) Roger Ebert = <http://lifeitself.vhx.tv/>

Life of Muhammad (2011)

Limited Partnership - 2014

Linotype = 2012 = <http://www.linotypefilm.com/>

Little Dieter Needs to Fly (1997)

Little Stars (2015) = <http://www.littlestars.tv/>

LIV AND INGMAR = 2012 = <http://www.livandingmar.com/>

Live and Let Live (2013) veganism = <http://www.letlivefilm.com/en/>

Living in the Age of Airplanes (2015)

Living Matrix (2009) = <http://www.thelivingmatrixmovie.com/about.html>

Living Luminaries - On the Serious Business of Happiness (2007) = <http://livingluminaries.com/>

Living on One Dollar (2013)

Long Green Line (2008)

Look of Silence 2014

Losing LeBron James (2013)

Lost Angels Skid Row Is My Home (2010)

Lost Boy (2009) Greg Laurie

Lost for Life (2013) juveniles - serving life in prison - without parole and their victims families

Lost Forever (2011) Paul Mariano / Kurt Norton

Lost in La Mancha (2002)

Lost World of Mr. Hardy = <http://www.trufflepigfilms.com/>

Louis Sullivan Struggle for American Architecture 2010 = <http://louissullivanfilm.com/>

Louise Bourgeois - Spider Mistress Tangerine (2008)

Love Child 2014 Valerie Veatch

Love Hotel (2014) Philip Cox / Hikaru Toda

Love Me (2014) <http://www.lovemethedocumentary.com/> = Western men and Ukrainian women

Loving Story (2011) HBO = Richard and Mildred = <http://lovingfilm.com/about-the-film/>

Lucent (2014) darker side of Australia\_s pig farming industry

Luckiest Man - John Paine Story (2015) = <http://fotolanthropy.com/luckiestmanfilm/>

Lunarcy (2012) Simon Ennis

Machete Maidens Unleashed (2010)



Machine Gun Preacher (2014)

Madagascar (2011) David Attenborough

Made in America (2008) Stacy Peralta

Made in China (2010) = rock and roll subculture of Shanghai = Javier Roberto\_Carlos

Made in Japan (2015)

Mademoiselle (2013) Carine Roitfeld - fashion

Magic Trip - Ken Kesey\_s Search for Kool Place (2011)

Magician - Astonishing Life and Work of Orson Welles (2014)

Make Believe (2010)

Making Light In Terezin (2012) = <http://www.makinglightinterezin.com/>

Making the Modern (2003) museum - texas

Man on Wire (2008)

Man Under (2014)

Man Who Souled the World (2007) Steve Rocco

Manakamana (2013)

Manufactured Landscapes (2006)

MAR MI ALMA = 2012 = <http://www.elmarmialma.com/crew>

Marathon Day / Boston 15-4-13 ???

Marc Jacobs and Louis Vuitton (2007) Loic Prigent

Marinoni Fire in the Frame (2015)

Marmato (2014)

Marwencol (2010)

Matter of Taste Serving Up Paul Liebrandt (2011)

Mavis (2015) Jessica Edwards = <http://www.mavisfilm.com/about/>

Mayan Renaissance = 2012 = Dawn Gifford Engle

May i Be Frank (2010) Ferrante = <http://mayibefrankmovie.com/>

Maybe Logic - Lives and Ideas of Robert Anton Wilson (2003)

Maxed Out - Hard Times - Easy Credit - Era of Predatory Lenders (2006)

McCullin (2012)

Mea Maxima Culpa - Silence in the House of God 2012

Meat the Truth (2008) = <http://www.meatthetruth.nl/>

Meerkats (2008) = BBC

Meet the Hitlers (2014) = <http://www.meetthehitlers.com/>

Men Who Built America (2012)

Menstrual Man (2013)

Merchants of Doubt (2014) public relations tactics

Meru (2015) Peak in the Indian Himalayas = <http://www.merufilm.com/>

Messner Reinhold (2012) mountaineering

metal evolution = music = 2011 = [https://en.wikipedia.org/wiki/Sam\\_Dunn](https://en.wikipedia.org/wiki/Sam_Dunn)

Metallica - Some Kind of Monster (2004)

Mexican Suitcase (2011)

Midnight Movies - From the Margin to the Mainstream (2005)

Midwife (2013) = <http://www.midwifethedocumentary.com/about-the-film.html>

Milius (2013)

milk 2012 Sebastian Howard

Milton Glaser To Inform and Delight (2008) <http://www.miltonglaser.com/> = Wendy Keys

Mind of Mark DeFriest (2014) = <http://defriest.com/>

Minecraft - Story of Mojang (2012) <http://www.minecraftstoryofmojang.com/>

Minerva Monster (2015) Seth Breedlove

Mississippi Son (2007) = <http://www.mississippison.com/>

Mondovino (2004)

Money for Nothing - Inside the Federal Reserve (2013)

Monica and David (2009) young married couple with Down syndrome = <http://www.monicaanddavid.com/>

Money Driven Medicine (2009) Andrew Fredericks

Monkey Kingdom (2015) jungles of Polonnaruwa in Sri Lanka = <http://nature.disney.com/monkey-kingdom>

Montauk Chronicles (2015)

Moo Man = 2012 = organic dairy farm in England = <http://trufflepigfilms.com/the-mooman/>

More Than Honey 2012 Markus Imhoof

Mormon Proposition (2010) <http://www.8themormonproposition.com/>

Most Dangerous Man in America - Daniel Ellsberg and the Pentagon Papers (2009)

Most Disturbed Person on Planet Earth 2013 + 2014

Mother - Caring for 7 Billion (2011) crises - population growth = <http://www.motherthefilm.com/>

Mr\_Calzaghe (2015) - JOE – BOXER

Mr\_Dynamite - Rise of James Brown (2014)

Muhammad - Legacy of Prophet (2002) PBS

Murder on Sunday Morning - 2001

Murderball (2005)

Muscle Shoals Sound (2013) FAME Studios ALABAMA <http://www.magpictures.com/muscleshoals/>

My Flesh and Blood (2003) Susan Tom of Fairfield, California and her 11 adopted special needs children

My Toxic Backyard (2013) = <http://www.mytoxicbackyard.com/>

My Trip to Al\_Qaeda (2010)

Mystic India (2005) <http://www.mysticindia.com/>

Mythic Journeys (2009) <http://www.mythmovie.net/> = BOE

Nanking (2007) Bill Guttentag / Dan Sturman

nas - time is illmatic (2014)

Naqoyqatsi (2002) Godfrey Reggio

Narco Cultura (2013)

Naked Brand (2013)

Natural Curiosities - David Attenborough

Natural World - BBC

Nature\_s Great Events (2009) David Attenborough

Ne me quitte pas (2013)

Neurons to Nirvana (2013) Oliver Hockenhull

Never Sleep Again - Elm Street Legacy – 2010

new jersey = 2009 = [http://www.newjerseythemovie.com/New\\_Jersey\\_The\\_Movie/About.html](http://www.newjerseythemovie.com/New_Jersey_The_Movie/About.html)

Nickel City Smiler (2010) = <http://www.nickelcitysmiler.com/the-film.shtml>

Night Will Fall = [https://en.wikipedia.org/wiki/Night\\_Will\\_Fall](https://en.wikipedia.org/wiki/Night_Will_Fall) = 2014

Nightmare (2015) sleep paralysis = Rodney Ascher

Nightmares in Red White and Blue - Evolution of the American Horror Film (2009)

no = 2014 = Jeff Radice / American professional baseball player Dock Phillip Ellis

No End in Sight (2007)

Noble Lie - Oklahoma City 1995 (2011)

Nomi Song (2004)

Nos enfants nous accuseront (2008)

Not Just Game (2010) Jeremy Earp

Not Quite Hollywood - Wild Untold Story of Ozploitation (2008)

November 84 (2014) Stephan Parent

Oath (2010) Abu Jandal and Salim Ahmed Hamdan

Occupation - Dreamland (2005) iraq

Ocean World (2009) sea turtle\_s journey

Off the Boulevard (2011) Jeff Santo

off the rez = 2011

Of Two Minds (2012)

Ofir (2013)

Oldschool Renegades (2013) Maurice Steenbergen

Omo Child - River and Bush (2015) = <http://omochildmovie.com/>

once upon forest 2013 etait une foret - LUC JACQUET

One Life (2011) British nature documentary

One Million Dubliners (2014)

One Night in Turin (2010) James Erskine

Open Heart (2013)

Operation Homecoming - Writing the Wartime Experience (2007)

Order of Myths (2008) Mardi Gras celebrations in Mobile, Alabama = Margaret Brown

Orgasm Inc (2009) <http://orgasminc.org/>

Orwell Rolls in His Grave (2003)

OzBo 2014

Out of the Fire (2013) = Courtenay Singer

Outfoxed - Rupert Murdoch\_s War on Journalism - 2004 - Robert Greenwald

Outrage (2009)

Overdose (2010) – ÖVERDOS

Overfed Undernourished (2014) Troy Jones = <http://overfedandundernourishedmovie.com/>

Overnight (2003) Tony Montana / Mark Brian Smith

Overnighters (2014) <http://www.jessemoss.com/The-Overnighters>

Owned and Operated (2012)

Packed In Trunk - Lost Art of Edith Lake Wilkinson (2015) American artist

Paddle to Seattle - Journey Through the Inside Passage (2009)

Page One Inside the New York Times (2011)

Palme (2012) biographical portrait of the former prime minister Olof

Pandora\_s Promise (2013) nuclear power debate = <http://pandoraspromise.com/>

Panopticon (2012) Peter Vlemmix

Pantani - Accidental Death of Cyclist (2014)

Paradise Lost – Trilogy

Parallel Worlds - Parallel Lives – EVERETT – BBC / PBS

Parking Lot Movie (2010) <http://www.theparkinglotmovie.com/>

Paycheck Life and Times of Katrina Gilbert (2014)

Patrolman (2013) <http://www.patrolmanp.com/>

Peace Officer (2015) <http://www.peaceofficerfilm.com/>

Peaceable Kingdom - Journey Home (2009) <http://www.peaceablekingdomfilm.org/>

Pecados de mi padre (2009)

Pelican Dreams (2014) Judy Irving= <http://pelicandreams.com/>

Pencils Down - 100 Days of the Writers Guild Strike (2014) = <http://www.pencilsdownfilm.com/>

People Speak (2009) Howard Zinn

People State of Illusion (2012) <http://thestateofillusion.com/>

Perfect Human Diet (2012) <http://cjhuntreports.com/documentary/>

Pershing\_s Last Patriot (2013) = <http://pershingslastpatriot.com/film/>

Personal Record (2013) Joseph Zentil

Pervert Park (2014) Florida Justice Transitions trailer park - houses over 100 convicted sex offenders

Picture Me Model\_s Diary (2009) modeling

Picture of Light = 1994 = Peter Mettler

Pina Bausch (2011) - tribute to the late German choreographer

Piece by (2005) San Francisco graffiti culture from the early 1980s to 2004

Pixel Poetry - Games / Art / Society / Culture - 2014

Place at the Table 2012

Plagues and Pleasures on the Salton Sea (2004)

Planeat (2010) search - diet which is good for our health / environment / future of our planet

Planet Rock - Story of Hip\_Hop and the Crack Generation (2011) Richard Lowe / Martin Torgoff

Planet Earth (2006) David Attenborough - 11 episodes

Planet Dinosaur

Plastic Galaxy - Story of Star Wars Toys -2014 = <http://www.plasticgalaxymovie.com/>

Plastic Planet (2009) Werner Boote

Playground (2009) child sex trade in the United States

plunder - crime of our time - 2009

Point and Shoot (2014) <http://pointandshootfilm.com/>

Pokazatelnyy protsess Istoriya Pussy Riot (2013)

Pollen (2011) Louie Schwartzberg

Porn Star - Legend of Ron Jeremy (2001)

Powaqqatsi (1988) Godfrey Reggio

Power of the Heart - 2014 - Drew Heriot

Power of Soul (2015) Marc Fehse

Precinct Seven Five (2014) police corruption

Press Pause Play (2011) <http://www.presspauseplay.com/>

Pretty Old (2012) = Walter Matteson

Price for Peace (2002) America\_s involvement in the Pacific during WW 2

Print the Legend 2014

Prison Terminal - The Last Days of Private Jack Hall (2013)

Private Violence (2014) domestic

Project 22 (2015) = <http://medicinalmissions.com/>

Project Kashmir (2008)

Prophet\_s Prey (2015)

Prisoner of Paradise (2002) Kurt Gerron

Pruitt Igoe Myth (2011) <http://www.pruitt-igoe.com/>

Pulling John (2009) <http://www.pullingjohn.com/>

Quality Balls - David Steinberg Story (2013) life and work of Canadian comedy icon

Queen of Silence (2014)

Queen of the Sun - What Are the Bees Telling Us (2010) <http://www.queenofthesun.com/>

Queen of Versailles 2012

Quiet Riot - Well Now You\_re Here - There\_s No Way Back (2014) <http://www.quietriotmovie.com/>

Racing Extinction (2015) <http://racingextinction.com/>

Ram Dass / Fierce Grace (2001)

Rasa Yatra (2012)

RASTA - Soul\_s Journey - 2011 - Donisha Prendergast = <http://rastajourney.com/>

Reality of Me (TROM) (2011)

Reckless Indifference (2000) murder of Los Angeles teenager who was also the son of LAPD officer

Reconvergence (2012) <http://www.reconvergencethefilm.com/>

Record Man (2015) = Mark Moormann

Red Army (2014) Soviet Union - hockey team

Red Stone (2012) = Ahmad Damen

Rehab (2005) = <http://farfilm.com/films/rehab.html>

Reincarnated (2012) - Snoop Dogg

Rem Koolhaas Kind of Architect (2008)

Remix Manifesto 2009

Requiem for the American Dream (2015) Noam Chomsky = <http://requiemfortheamericandream.com/>

Resurrect Dead - The Mystery of the Toynbee Tiles (2011)

Resurrection of Jake The Snake Roberts (2015) wrestling

Rethink Afghanistan (2009) Robert Greenwald

Return to Homs 2013

Restaurateur (2010)

Revolutions (2011) Joseph Garcia Quinn

Rewind This (2013) <http://buy.rewindthismovie.com/>

Richard Hammond\_s Invisible Worlds (2010)

Riding Giants (2004) origins of surfing

rise and fall of cult wrestling federation ECW = 2004

Rising Son - Legend of Skateboarder Christian Hosoi (2006)

River Changes Course (2013) Cambodia = <http://ariverchangescourse.com/>

Road to the Big Leagues (2008) = Jared Goodman

Romeo Is Bleeding (2015)

Royal Hangover (2014) alcoholism in Britain

Run for Your Life (2008)

Running on Sun Badwater 135 (2000)

Running on the Sun - Badwater 135 (2000) Badwater Ultramarathon

Running the Sahara (2007) <http://www.runningthesahara.com/>

Russian Woodpecker (2015) investigation - Chernobyl disaster

S 21 - Rithy Panh - 2003

Salt of the Earth 2014

Sam Houston - American Statesman - Soldier - Pioneer (2013) = <http://www.samhoustonmovie.com/>

Samsara 2011

Sarnos - Life in Dirty Movies (2013)

Saving Face (2008)

Scratch (2001) hip-hop / scratching

Scatter My Ashes at Bergdorf's (2013) famed New York City luxury goods department store

Science of Sex Appeal (2009)

Schlock - Secret History of American Movies (2001)

Sea Monsters - Prehistoric Adventure (2007) National Geographic

Seamless (2005) young designers in the fashion world

Search for General Tso (2014)

Searching for Sugar Man (2012) South African cultural phenomenon

Searching for the Wrong Eyed Jesus (2003)

Second Chance - Janelle Morrison Story (2013) = <http://www.asecondchancefilm.ca/>

Secret Of Seven Sisters - Sunset Presse - 2011

September Issue 2009 - production of the September 2007 issue of American Vogue magazine



Sergio Herman Fucking Perfect (2015)

Sex - My British Job (2013) Nick Broomfield

Sex / Money - National Search for Human Worth (2011) = <http://sexandmoneyfilm.com/>

Sexy Baby (2012)

Sex for Sale - American Escort - 2012

Seymour Bernstein Introduction (2014) classical pianist

Shake the Dust (2014) break dancers from conflicted "third-world" communities around the globe

Sharkwater (2006) <http://www.sharkwater.com/>

Sheik (2014) career of Khosrow Vaziri

Shot in the Dark (2002) Adrian Grenier

Shot On Blood - Kozmikonic Electronica (2010) Oliver Hockenhull

Shock Doctrine 2009

Short Game (2013) 7-8-year-old golfers = <http://www.theshortgamemovie.com/>

Shout Gladi (2015)

Sickfuckpeople 2013

Sign Painters (2014) <http://www.signpaintersfilm.com/#about>

Silenced (2014) James Spione

Simply Magical - Tearing Down Walls (2014) = <http://www.simplymagicaldocumentary.com/>

Six Million Steps - Journey Inward (2011) = [http://6millionsteps.com/SixMillionSteps/ABOUT\\_THE\\_FILM.html](http://6millionsteps.com/SixMillionSteps/ABOUT_THE_FILM.html)

Smash His Camera (2010)

Smiley Face Killers (2014)

Snowman (2014) = <http://www.snowmanfilm.com/>

Softwaring Hard (2014) Alex Pop = <http://softwaringhardthemovie.com/>

Sojourners (2012) = <http://www.sojournersmovie.com/> = STEVEN SCAFFIDI

Someone You Love - HPV Epidemic (2014) = <http://www.hpvepidemic.com/>

Something Better to Come (2015)

Something from Nothing - Art of Rap (2012)

Something Ventured (2011)

Somm (2012) Jason Wise

Song of the New Earth (2014) Ward Serrill = <http://songofthenewearth.com/>

Soviet Story - 2008 - Edvins Snore

Speaking in Strings 1999

Special Need (2013) Carlo Zoratti

Special When Lit (2009) <http://www.specialwhenlitmovie.com/> = PINBALL

Speciesism (2013)

Speed - In Search of Lost Time (2012) Florian Opitz

Spies of Mississippi (2014)

Spinning Plates (2012)

Spirit of the Marathon (2007) <http://www.spiritofthemarathon.com/>

Square (2013) Egyptian Crisis = <http://thesquarefilm.com/>

Stages (2015) = show business = acting careers

Stained Glass Rainbows (2015) = <http://stainedglassrainbows.com/>

Starfish Throwers 2014

Starsuckers (2009) <http://www.starsuckersmovie.com/>

Starting over Again = 2015 = Ruggero Gabbai = exodus of the Jews of Egypt between 1948 and 1956

Startup - Com (2001) Chris Hegedus / Jehane Noujaim

Startup Kids (2012) young web entrepreneurs in the U.S. and Europe = <http://thestartupkids.com/>

Startupland (2015) <http://www.startupland.tv/>

State of Mind (2004) North Korean child gymnasts and their families

State of Mind - Psychology of Control (2013)

Statue of Liberty - 1985 - Kenneth Lauren Burns

Stephen Fry - Secret Life of the Manic Depressive – 2006

Still Screaming - Ultimate Scary Movie Retrospective (2011)

Stories We Tell (2012) POLLEY = <http://storieswetellmovie.com/>

Story of Children and Film (2013) <http://astoryofchildrenandfilm.com/>

Story of Film - An Odyssey (2011)

Stream Dream (2015)

Street Fight (2005)

Stuck (2013) orphanages

Substance - Albert Hofmann\_s LSD (2011)

Summer in the Cage (2007)

Sunset Strip (2012) <http://sunsetstripthemovie.com/>

Sunshine Superman (2014) portrait of Carl Boenish, the father of the BASE jumping movement

Super Juice Me (2014) <http://www.superjuiceme.com/>

Super Size Me (2004) Morgan Spurlock

Supermensch - Legend of Shep Gordon – 2013

Superstar in Housedress (2004) life and legend of Warhol superstar Jackie Curtis

Superpower (2008) Barbara\_Anne Steegmuller

Survey of Open Space (2013)

Surviving Progress (2011) <http://survivingprogress.com/>

Survivor (2012) sex-slavery and abuse / Brook Susan Parker

Sushi Global Catch (2012)

Sweet Micky for President (2015)

Sweetest Sound (2001) Alan Berliner

Swim (2008) David Broyles / Rush Vann

Symphony of the Soil (2012)

(T) ERROR (2015) CABRAL

Tabloid (2010) Morris

Take (2004) Avi Lewis - Naomi Klein

Taking Liberties Since 1997

Tale of Two Totters (2010) = Andy Lorimer = <http://ataleoftwototters.com/>

Tales from the Organ Trade (2013)

Tales from the Script (2009) Peter Hanson

Tales of the Rat Fink (2006)

Talhotblond (2009) murdering of Brian Barrett

Tapped 2009

Tattoo Nation (2013)

Taxi to the Dark Side 2007

Teenage Paparazzo (2010) Austin Visschedyk

Tell It on the Mountain (2013)

Tents (2012) First ever look behind-the-scenes at NY Fashion Week

Terms and Conditions May Apply (2013)

That Guy Dick Miller (2014)

That Sugar Film (2014) Damon Gameau

Theremin - Electronic Odyssey (1994)

There\_s Something Wrong with Aunt Diane (2011)

These Amazing Shadows (2011)

Thin Blue Line (1988)

Think We\_re Alone Now (2008)

Third Reich - Rise And Fall

This Filthy World (2006) John Waters

This Film Is Not Yet Rated 2006

This Is Your Land (2004)

This Old Cub (2004) Jeff Santo = RON

Thought Exchange (2012)

Thought Crimes - Case of the Cannibal Cop (2015)

Those Who Feel the Fire Burning (2014)

Thoth 2002

Tig Notaro 2015 + Knock It\_s Tig Notaro 2015 ?

Tig (2015) Notaro

Tiger - Spy in the Jungle (2008) David Attenborough

Tillman Story (2010)

Tim\_s Vermeer 2013

TINY - Story About Living Small (2013)

To Be Takei (2014) activist George

To the Limit (2007) Pepe Danquart

Totality (1999) – ECLIPSES

Touching the Void (2003)

Town of Runners (2012)

TPB AFK - Pirate Bay - Away from Keyboard - 2013

Trading on Thin Air (2010)

Transcend (2014) Wesley Korir

Trashed (2012) Jeremy Irons

Trespassing Bergman 2013

Trophy Kids (2013)

Trials of Henry Kissinger (2002)

Trials of Spring (2015) = <http://www.trialsofspring.com/about>

Triangle Waist Company - New York City - Remembering the Fire (2011) Daphne Pinkerson

Tricked - 2013 - John Keith Wasson

Trouble the Water (2008)

True Cost (2015) Andrew Morgan

Trust Us - This Is All Made Up (2009) Alex Karpovsky

Truth in Numbers - Everything According to Wikipedia (2010)

Tuning In (2008)

Twenty Feet from Stardom 2013

Typeface (2009)

Twist (1992)

Joe Berlinger

Ukraine Is Not a Brothel (2013)

Un Divided (2013)

Unbelievers (2013)

Uncensored = Narco Journalism (2014) = <http://www.uncensoredthedoc.com/>

Uncertain (2015) LUCID INC / Ewan McNicol - Anna Sandilands

Undefeated 2011

Under African Skies (2012)

Under Our Skin 2008 + 2014 = Lyme disease

Under the Sea (2009)

Unexplored (2015) Ivo Kalushev

United States of America v. Whitey James J. Bulger (2014)

Universe Of Keith Haring (2008)

Unity (2015) Shaun Monson

Unlikely Heroes (2003)

Unreal Dream Michael Morton (2013)

Unreasonable Man (2006) Ralph Nader

Unser täglich Brot (2005) OUR DAILY BREAD

Unwarranted Influence (2014) Janek Ambros

Uprooted (2011) = <http://www.uprootedthemovie.org/Uprooted/Synopsis.html>

Urbanized (2011)

Us and the Game Industry (2014)

Valentine Road (2013)

Valentino - Last Emperor 2008

Valley Uprising (2014)

Vanishing of the Bees (2009)

Vegucated (2011)

Very British Gangster (2007)

Video Craze (2013) Dave Danzara

Video Games - 2014 - Jeremy Snead

Video Nasties - Moral Panic - 2010

Virunga (2014) mountain gorillas

Visual Acoustics (2008) Modernism of Julius Shulman

Visual Language of Herbert Matter (2010)

Vito Russo (2011) gay liberation movement

Waiting for Lightning (2012) pro skateboarder Danny Way

Waiting Room 2012

Walking the Camino - Six Ways to Santiago - 2013

Wanda the Wonderful (2014) = <http://wandathewonderful.com/>

WARx2 (2014)

War Dance (2007) - Uganda - national music and dance festival

War Feels Like (2004) Esteban Uyarra

War Made Easy - How Presidents and Pundits Keep Spinning Us to Death (2007)

War on Whistleblowers - Free Press and the National Security State (2013)

War Photographer - 2001 - James Nachtwey

War Photographers (2013)

War Tapes (2006) = 2003 invasion of Iraq = produced by the soldiers themselves

Waste Land (2010)

Watchers of the Sky (2014)

Water on the Table = 2010 = Liz Marshall

We\_re Not Broke (2012) Victoria Bruce / Karin Hayes

We Are in the Field (2012)

We Are Legion - Story of the Hacktivists - 2012 - Brian Knappenberger

We Come as Friends (2014)

We Could Be King (2014)

We Feed the World 2005 Erwin Wagenhofer

We Jam Econo - Story of the Minutemen (2005)

We Live in Public (2009)

We Need to Talk About Sandy Hook (2014)

We Steal Secrets - Story of WikiLeaks - 2013

We Were Here (2011) arrival and impact of AIDS in San Francisco

Weather Underground (2002)

Weight of Chains = Boris Malagurski

Welcome to Leith (2015)

Welcome to Warren (2004)

West of Memphis (2012) AMY BERG

Western (2015) ROSS

What Difference Does It Make - About Making Music - 2014 - Ralf Schmerberg

What Happened Miss Nina Simone (2015)

What is Cinema (2013) Chuck Workman

Wheel of Time = 2003 = Werner Herzog

When i Rise (2010) Barbara Smith Conrad /

When i Walk (2013) Alice Cook / Jason DaSilva

When the World Came to San Francisco (2015) = <http://www.rchristiananderson.org/sanfrancisco/>

Where in the World Is Osama Bin Laden (2008)

Where Soldiers Come From (2011)

Where the Yellowstone Goes (2012)

Which Way Is the Front Line from Here - Life and Time of Tim Hetherington

White Diamond = 2004 = Werner Herzog

Who Killed the Electric Car 2006

Which Way Home (2009)

While They Watched (2015) - North Korea - Jake J. Smith

White Diamond (2004) Werner Herzog

Who is Dayani Cristal (2013)

Who Is Vermin Supreme - An Outsider Odyssey (2014) = <http://www.whoisverminsupreme.com/about.html>

Whores Glory (2011)

Why We Fight (2005)

Wild Arabia (2013) British biologist and military veteran Steve Backshall

Wild China (2008)

Wildest Dream (2010) EVEREST

William Eggleston in the Real World (2005)

Wing and Prayer (2015) Boaz Dvir

Winnebago Man (2009)

Winston Churchill - Walking with Destiny (2010)

Wisdom (2008)

Witch Hunt (2008) Dana Nachman

With One Voice (2009)

Wolfpack (2015) Angulo brothers

Woman Who Wasn't There - 2012 - Alicia Esteve Head

Wonders of Life (2013) Professor Brian Cox

Wonders of the Solar System (2010) Professor Brian Cox

Wonders of the Universe (2011) Professor Brian Cox

Woodstock 1970 / 40\_th Anniversary edition / 2009



Workingman\_s Death (2005)

World According To Monsanto

World Before Her (2012)

Yakona (2014)

Year in Burgundy (2013) David Kennard

Year in Champagne (2014) David Kennard

Yellowstone (2009)

You See Me (2015) = <http://youseememovie.com/>

You\_ve Been Trumped 2011 + Dangerous Game (2014)

Zemene (2014) = <http://zemenefilm.com/the-film>

Zero Tolerance (2014) ???

=====

W W 1 :

37 Days - BBC - weeks before

First World War (2003) Jonathan Lewis

World War 1 in Colour (2003) Kenneth Branagh

=====

W W 2 :

WWII in HD (2009)

WWII in HD - Air War (2010)

World War Two - Behind Closed Doors

Apocalypse - La 2 guerre mondiale (2009)

Apocalypse - Hitler - 2011 ?

=====

Vietnam in HD - History Channel - 2011

=====

World Wars (2014) both World Wars and the interwar era in continuous timeline from 1914 to 1945

=====

afghanistan war = Restrepo (2010) + Korengal (2014)

=====

America - Story of Us / Mankind - Story of All of Us

=====

Vine of the Soul Encounters with Ayahuasca (2010) + Ayahuasca (2014)

<https://en.wikipedia.org/wiki/Iconoclasts>

<http://www.chasingbuddhafilm.com/>

Mission Blue (2014) <http://mission-blue.org/>  
ceanographer, marine biologist, environmentalist and  
National Geographic Explorer-in-Residence Sylvia Earle,  
and her campaign to create a global network of protected marine sanctuaries

My Run (2009)  
Terry Hitchcock\_s journey of completing 75 marathons in 75 consecutive days  
to raise awareness for single parent families

Trials of Darryl Hunt (2006)  
+ book Making Justice Our Business:  
The Wrongful Conviction of Darryl Hunt and the Work of Faith"  
by Stephen B. Boyd (978-1-60899-966-8)

Gary Hustwit :::

1 = Helvetica= 2007 =  
typography and graphic design =  
<http://www.hustwit.com/category/helvetica/>

2 = Objectified = 2009 =  
complex relationship with manufactured objects and people who design them =  
<http://www.hustwit.com/category/objectified/>

3 = Urbanized = 2011 =  
<http://www.hustwit.com/category/urbanized/>

Who Killed the Electric Car - 2006

Revenge of the Electric Car (2011)

Oxyana (2013) prescription drug abuse in rural Southern West Virginia,  
based in the town of Oceana and surrounding Wyoming County = <http://www.oxyana.com/home.html>

=====

Ouwehoeren = 2011 = <http://www.meetthefokkens.com/>  
69-year-old twin sisters who have worked as prostitutes  
in the red-light district in Amsterdam for over 40 years

=====

Senna (2010) Ayrton / + beyond sound = 8 GB

=====

<http://www.cultureindecline.com/downloads.html>

=====

Fukushima - Nuclear Story (2015) - <http://www.nuclearstory.com/>

=====

<http://jacopastorius.com/film/> = 2015

Nicky\_s Family (2011) Czech docudrama  
story of Nicholas Winton, an Englishman who organized the rescue  
of 669 Czech and Slovak children just before the outbreak of World War 2

=====

South Pacific (2009) BBC  
six-part series surveys the natural history of the islands of the South Pacific region,  
including many of the coral atolls and New Zealand

=====

Long Night\_s Journey Into Day - 2000 American documentary film  
about the Truth and Reconciliation Commission in post-Apartheid South Africa

=====

One For Ten ( 2013 ) interactive documentary shorts  
which feature the stories of people who were sent to death row,  
only to be later released after being found to be innocent.

=====

<http://www.imdb.com/title/tt3386210/> Let The Scream Be Heard (2013)  
artistic investigation to discover the secret behind iconic Norwegian artist Edvard Munch\_s greatness

=====

Elephant in the Living Room (2010)  
raising of exotic pets in homes around the United States = <http://theelephantinthelivingroom.com/>

=====

Getting Lost In My Own Art - Creative World of James Bakkom (2012)  
<http://www.markwojahn.com/gettinglostinmyownart/>

=====

=====

Indiana Jones and the Raiders of the Lost Ark 1981  
remains one of the highest-grossing films ever made / won oscars  
critical and popular success led to three additional films  
and television series + 15 video games

Raiders of the Lost Ark - Adaptation (1989)  
Raiders - Story of the Greatest Fan Film Ever Made (2015)

=====

Crude (2009)  
story of lawsuit by tens of thousands of Ecuadorans  
against Chevron over contamination of the Ecuadorean Amazon.

=====

Pump (2014) - story of America's addiction to oil,  
from its corporate conspiracy beginnings to its current monopoly today,  
and explains clearly and simply how we can end it - and finally win choice at the pump.

=====

Biggie and Tupac (2002)  
Tupac Shakur - Thug Angel (2002)  
Tupac - Resurrection (2003)

=====

[https://en.wikipedia.org/wiki/The\\_Singularity\\_Is\\_Near](https://en.wikipedia.org/wiki/The_Singularity_Is_Near)  
2005 non-fiction book about artificial intelligence  
and the future of humanity by inventor and futurist Ray Kurzweil

+

Singularity (2012) <http://thesingularityfilm.com/>

=====

Pumping Iron (1977) / Generation Iron (2013)

Bigger Stronger Faster (2008) + Trophy Kids (2013)

=====

3022 ft = 2015 = <http://www.3022ft.com/the-film/>  
[https://en.wikipedia.org/wiki/Mount\\_Marathon\\_Race](https://en.wikipedia.org/wiki/Mount_Marathon_Race) = ALASKA

=====

Burning Man - Metropolis (2012)  
Burning Man - Rites of Passage (2012)  
Spark - Burning Man Story (2013)

i am eleven = 2012  
lives of 11\_year-olds in different environments = 15 countries = <http://www.iameleven.com/>

=====

=====

Dogs on the Inside (2014) relationships between abused stray dogs and prison inmates  
<http://www.dogsontheinside.com/>

=====

End of Suburbia - Oil Depletion and the Collapse of the American Dream (2004)  
<http://www.endofsuburbia.com/>

=====

Standard Operating Procedure (2008)  
photographs taken by U.S. military police at the Abu Ghraib prison in 2003

=====

Superior Human (2012)  
belief in human superiority is the cause of destruction of the environment and animal cruelty

=====

White Light - Black Rain Hiroshima and Nagasaki – 2007  
<http://farfilm.com/films/white-light-black-rain.html>

=====

summit 2012 = deadliest day on the world's most dangerous mountain  
[https://en.wikipedia.org/wiki/2008\\_K2\\_disaster](https://en.wikipedia.org/wiki/2008_K2_disaster)

=====

Sons of Perdition (2010) polygamy\_s exiled youth  
[http://sonsofperditionthemovie.com/Sons\\_of\\_Perdition\\_Home.html](http://sonsofperditionthemovie.com/Sons_of_Perdition_Home.html)

=====

End of the Line (2009) How Overfishing Is Changing the World and What We Eat  
<http://endoftheline.com/>

=====

Devil Came on Horseback (2007)  
<http://www.thedevilcameonhorseback.com/>  
[https://en.wikipedia.org/wiki/War\\_in\\_Darfur](https://en.wikipedia.org/wiki/War_in_Darfur)

=====

Michael Moore :::

1989 - Roger And Me  
2002 - Bowling for Columbine  
2004 - Fahrenheit 9\_11  
2007 - Sicko  
2009 - Capitalism - Love Story

=====

=====

**= OTHER MOVIES =**

=====

Charlie Chaplin = 1940 = [https://en.wikipedia.org/wiki/The\\_Great\\_Dictator](https://en.wikipedia.org/wiki/The_Great_Dictator)

[https://en.wikipedia.org/wiki/Persepolis\\_\(film\)](https://en.wikipedia.org/wiki/Persepolis_(film)) = Marjane Satrapi

[https://en.wikipedia.org/wiki/Hotel\\_Rwanda](https://en.wikipedia.org/wiki/Hotel_Rwanda) = 2004

Propaganda (2012) = Slavko Martinov = <http://propagandafilm.net/>

[https://en.wikipedia.org/wiki/They\\_Live](https://en.wikipedia.org/wiki/They_Live) = 1988 = John Howard Carpenter

[https://en.wikipedia.org/wiki/The\\_Wachowskis](https://en.wikipedia.org/wiki/The_Wachowskis) = Matrix Trilogy / V\_for\_Vendetta = 2006

[https://en.wikipedia.org/wiki/Powder\\_\(film\)](https://en.wikipedia.org/wiki/Powder_(film)) = 1995

[https://en.wikipedia.org/wiki/Bedazzled\\_\(2000\\_film\)](https://en.wikipedia.org/wiki/Bedazzled_(2000_film)) + deleted rock star scene !

<https://en.wikipedia.org/wiki/Surrogates> = 2009 = Walter Bruce Willison

<https://en.wikipedia.org/wiki/WALL-E> = 2008

=====

= Healthy Food =

=====

*There is a reason why in schools children are not educated ...*  
*There is a reason why doctors do not cure patients ...*  
*There is a reason why You are not told how to eat healthy ...*

=====

---

BERRIES :::

Aronia  
Blackcurrant  
Blueberries  
Hippophae Rhamnoides - Common Sea\_Buckthorn  
Lingonberry - Vaccinium Vitis\_Idaea  
Raspberry  
Red Grapes

---

TREES :::

Adansonia  
Artocarpus Camansi - Breadnut  
Ginkgo Biloba

---

NUTS :::

Almonds  
Cashew  
Hazelnut  
Juglans Cinerea - Butternut - White Walnut  
Macadamia  
Mongongo Nuts - Schinziophyton Rautanenii  
Pecan  
Pistachio  
Walnuts

- - -

## FRUITS :::

Acai  
Acerola - Malpighia Emarginata  
Apples  
Asimina Triloba - Common Paw Paw  
Bananas  
Breadfruit - Artocarpus Altilis  
Cantaloupe - Mushmelon  
Carambola  
Cherimoya  
Cherry  
Coconut  
Dimocarpus Longan  
Durian  
Goji / Wolfberry  
Jackfruit  
Jujube - Ziziphus Jujuba  
Kiwi  
Lychee  
Mangosteen  
Morinda Citrifolia  
Mulberry / Morus  
Myrciaria Dubia  
Orange  
Papaya  
Passion Fruit  
Peach - Prunus Persica  
Persimmons  
Pineapple  
Plukenetia Volubilis / Sacha Inchi  
Pomegranate  
Pouteria Lucuma  
Rose Hip  
Sclerocarya Birrea - Marula Fruit  
Soursop  
Strawberry  
Tamarind  
Tomatoes

- - -

## SEEDS :::

Chia Seeds  
Flaxseeds  
Hemp Seeds  
Methi Seeds / Fenugreek  
Poppy Seeds  
Pumpkin Seeds  
Sclerocarya Birrea - Marula Seeds  
Sesame Seeds  
Sunflower Seeds



- - -

WHOLE ( CEREAL ) GRAINS / WHEAT :::

Barley  
Bulgur  
Khorasan Wheat  
Oat  
Quinoa  
Spelt  
Wheat - Triticum  
Wheat Germ

- - -

BEANS :::

Black Beans  
Fava Bean - Ficia Faba  
Kidney ( Red ) Beans  
Mung Bean - Vigna Radiata - Golden Green Gram  
Soybeans  
White Beans

- - -

LEGUMES :::

Chickpea / Garbanzo Bean  
Lentils

- - -

HERBS :::

Astragalus Membranaceus  
Borage  
Coriander  
Oregano  
Perilla  
Satureja Montana  
Stevia

- - -

SHRUB :::

Damiana - Turnera Diffusa  
Manihot Esculenta

- - -

STARCHY VEGETABLES :::

Corn - Maize  
Parsnip  
Sweet Potatoes

- - -

## NON-STARCHY VEGETABLES :::

Alfalfa  
Amaranth  
Artichoke  
Asparagus  
Avocado  
Bamboo Shoots  
Basil  
Beans ( Green / Italian / Yellow / Wax )  
Bean Sprouts  
Beets  
Broccoli  
Brussels Sprouts  
Carrots  
Cauliflower  
Celery  
Chicory  
Chinese Cabbage  
Collard Greens  
Cucumber  
Dandelion  
Eggplant  
Endive  
Jicama - Pachyrhizus Erosus  
Kale  
Kohlrabi - German Turnip  
Leek  
Lettuce - Lactuca Sativa  
Okra - Bhindi - Gumbo  
Onions  
Parsley  
Peppers ( Green / Red / Yellow Orange / Jalapeno )  
Portulaca Oleracea - Common Purslane  
Radish  
Romaine - Cos Lettuce  
Swamp Cabbage - Water Spinach - Ipomoea Aquatica  
Zucchini - Courgette  
Turnip  
Watercress  
Winter Melon

- - -

#### DIFFERENT PLANTS :::

Agave  
Aloe / Aloe Vera  
Anise / Aniseed  
Arctium Lappa - Greater Burdock  
Brosimum Alicastrum - Breadnut  
Buckwheat  
Camelina Sativa  
Canarium Ovatum - Pili  
Cannabis Indica  
Cannabis Sativa  
Centella Asiatica - Brahmi  
Chayote - Sechium Edule  
Chenopodium Album - Lambs Quarters  
Chenopodium Giganteum  
Chives - Allium Schoenoprasum  
Cumin  
Cyperus Esculentus - Tigernut  
Echium Plantagineum  
Eucalyptus  
Euphrasia - Eyebright  
Fennel - Foeniculum Vulgare  
Fig - Ficus Carica  
Garlic  
Gevuina Avellana - Chilean Hazel  
Ginger  
Ginseng  
Horseradish - Armoracia Rusticana - Cochlearia Armoracia  
Irvingia Gabonensis - Ogbono  
Liquorice  
Loquat - Eriobotrya Japonica  
Lotus - Nelumbo Nucifera  
Maca  
Moringa  
Oxalis Tuberosa - Oca  
Pinus Pumila - Dwarf Stone Pine  
Pitaya / Dragon Fruit  
Psyllium  
Quinoa  
Ragi / Finger Millet  
Rehmannia  
Rooibos  
Salvia  
Shallot  
Sesamum Indicum - Sesame  
Silybum Marianum  
Spinach  
Taro  
Tulsi  
Turmeric  
Valerian  
Yam - Dioscorea  
Withania Somnifera

- - -

#### MUSHROOMS :::

Boletus Edulis  
Lingzhi - Reishi  
Pleurotus Ostreatus  
Shiitake - Lentinula Edodes

- - -

#### FUNGI :::

Cantharellus - Chanterelles

- - -

#### ALGAE / KELP / SEAWEED :::

Arame  
Kombu  
Macrocystis Pyrifera - Giant Kelp  
Nori / Laver / Aonori  
Palmaria Palmata - Dulse  
Wakame

- - -

#### DRINKS :::

Coffee Leaf Tea  
Cornelian Cherry Juice  
Fat\_Free Milk  
Goat Milk / Goat Kefir  
Matcha Tea  
Water :)  
White Tea

- - -

=====

Bee Pollen  
Honey  
Propolis  
Royal Jelly

Butternut Squash  
Pumpkin

Brown Rice  
Red Rice

Oysters  
Tuna  
Salmon  
Shrimp / Prawn

Chlorella  
Marine Phytoplankton  
Spirulina

Bolivian Rose Salt  
Cayenne Pepper  
Saffron - Crocus Sativus  
Tapioca

Coconut Oil  
Eucalyptus Oil  
Extra\_Virgin Olive Oil  
Hemp Oil  
Krill Oil  
Poppy Seed Oil  
Safflower Seed Oil  
Sesame Oil  
Walnut Oil

Cacao / Dark Chocolate  
Fat\_Free Greek Yogurt  
Maple Syrup  
Soy Sauce - Nama Shoyu - Tamari  
Tahini

Dried Apricots  
Prune  
Umeboshi / Prunus Mume - Ume - Chinese Plum - Japanese Apricot

Steel\_Cut Oatmeal  
Whole\_Wheat Bread

Lactobacillus Acidophilus  
Medium\_Chain Triglyceride

Hemp Protein  
Rice Protein

=====

- - -

vitamin A :::

Carrots / Kale / Pumpkin / Broccoli / Tomatoes / Endive / Lettuce - *Lactuca sativa*  
Spinach / Eggs / Cherry / Dandelion leaves / Parsley / Passion Fruit / Oysters  
Romaine - Cos Lettuce / Taro / Cantaloupe - Mushmelon / Zucchini - Courgette  
Endive / Chives - *Allium Schoenoprasum* / Jicama - *Pachyrhizus Erosus* / Leek  
Loquat - *Eriobotrya Japonica* / Swamp Cabbage - Water Spinach - *Ipomoea Aquatica*  
*Chenopodium Album* - Lambs Quarters / *Chenopodium Giganteum*

- - -

vitamin B :::

Lettuce - *Lactuca Sativa* / Corn - Maize / Garlic / Endive / Tamarind / Soursop  
Bamboo Shoots / *Spirulina* / Fava Bean - *Ficia Faba* / Romaine - Cos Lettuce / Leek  
Oysters / Okra - Bhindi - Gumbo / Wheat - *Triticum* / Cherimoya / Khorasan Wheat  
Mung Bean - *Vigna Radiata* - Golden Green Gram / Shallot / Saffron - *Crocus Sativus*  
Azuki Bean - *Vigna Angularis* - Adzuki / Spelt / Chives - *Allium Schoenoprasum*  
Jicama - *Pachyrhizus Erosus* / Jackfruit / Sunflower Seed / Yam - *Dioscorea* / Taro  
Shiitake - *Lentinula Edodes* / Jujube - *Ziziphus Jujuba* (DRIED) / Quinoa  
Lotus - *Nelumbo Nucifera* / Swamp Cabbage - Water Spinach - *Ipomoea Aquatica*  
*Juglans Cinerea* - Butternut - White Walnut / *Brosimum Alicastrum* - Breadnut  
*Chenopodium Album* - Lambs Quarters

- - -

vitamin C :::

Pineapple / Orange / Kiwi / Strawberry / Aronia / Green Asparagus / Avocado  
Blackcurrant / Blueberries / Broccoli / Brussels Sprouts / Cauliflower / Cherry  
Dandelion Leaves / Garlic / Onion / Parsley / Passion Fruit / Pineapple / Raspberry  
Rose Hip / *Spirulina* / Strawberry / Tomatoes / Carambola / Soursop / Cherimoya  
Lettuce - *Lactuca Sativa* / Persimmons / Endive / *Diospyros Virginiana* / Taro / Leek  
Romaine - Cos Lettuce / Kohlrabi - German Turnip / Acerola - *Malpighia Emarginata*  
Okra - Bhindi - Gumbo / Cantaloupe - Mushmelon / Breadfruit - *Artocarpus Altilis*  
*Oxalis Tuberosa* - Oca / Saffron - *Crocus Sativus* / Chives - *Allium Schoenoprasum*  
Jicama - *Pachyrhizus Erosus* / Radish / Chayote - *Sechium Edule* / Yam - *Dioscorea*  
Jujube - *Ziziphus Jujuba* (ALSO DRIED) / Peach - *Prunus Persica* / *Dimocarpus Longan*  
Lotus - *Nelumbo Nucifera* / Swamp Cabbage - Water Spinach - *Ipomoea Aquatica*  
*Chenopodium Album* - Lambs Quarters / *Chenopodium Giganteum*  
*Sclerocarya Birrea* - Marula Fruit

- - -

vitamin D ::: sun 15 min. in one day without sunscreen!

Shiitake - *Lentinula Edodes*

- - -

vitamin E :::

Asparagus / Avocado / Blueberries / Dandelion Leaves / Kiwi / *Spirulina* / Taro / Leek  
*Portulaca Oleracea* - Common Purslane / Sunflower Seed / Poppy Seed  
Poppy Seed Oil / *Gevuina Avellana* - Chilean Hazel

- - -

vitamin K :::

Kiwi / Asparagus / Avocado / Broccoli / Brussels Sprouts / Collard Greens / Parsley  
Dandelion Leaves / Lettuce - Lactuca Sativa / Tomatoes / Cucumber / Endive / Leek  
Spirulina / Okra - Bhindi - Gumbo / Taro / Kale / Endive / Chenopodium Giganteum  
Chives - Allium Schoenoprasum

- - -

iron :::

Asparagus / Blackcurrant / Brussels Sprouts / Persimmons / Fava Bean - Ficia Faba  
Dandelion leaves / Garlic / Kidney Beans / Lettuce - Lactuca Sativa / Passion Fruit  
Raspberry / Spinach / Spirulina / Tamarind / Diospyros Virginiana / Oysters / Taro  
Wheat - Triticum / Leek / Mung Bean - Vigna Radiata - Golden Green Gram / Spelt  
Khorasan Wheat / Azuki Bean - Vigna Angularis - Adzuki / Oxalis Tuberosa - Oca  
Saffron - Crocus Sativus / Chives - Allium Schoenoprasum / Sunflower Seed  
Sesamum Indicum - Sesame / Shiitake - Lentinula Edodes / Poppy Seed / Quinoa  
Swamp Cabbage - Water Spinach - Ipomoea Aquatica / Brosimum Alicastrum - Breadnut  
Juglans Cinerea - Butternut - White Walnut / Jujube - Ziziphus Jujuba (DRIED)  
Chenopodium Album - Lambs Quarters / Chenopodium Giganteum

- - -

zinc :::

Asparagus / Chickpea - Garbanzo Bean / Garlic / Parsley / Fava Bean - Ficia Faba  
Spirulina / Oysters / Maple Syrup / Wheat - Triticum / Khorasan Wheat / Spelt  
Mung Bean - Vigna Radiata - Golden Green Gram / Saffron - Crocus Sativus  
Sesamum Indicum - Sesame / Sunflower Seed / Chayote - Sechium Edule / Quinoa  
Shiitake - Lentinula Edodes / Juglans Cinerea - Butternut - White Walnut  
Brosimum Alicastrum - Breadnut

- - -

magnesium :::

Asparagus / Garlic / Kidney Beans / Parsley Raspberry / Spirulina / Tamarind / Spelt  
Fava Bean - Ficia Faba / Wheat - Triticum / Khorasan Wheat / Saffron - Crocus Sativus  
Sesamum Indicum - Sesame / Sunflower Seed / Shiitake - Lentinula Edodes  
Jujube - Ziziphus Jujuba (DRIED) / Juglans Cinerea - Butternut - White Walnut  
Swamp Cabbage - Water Spinach - Ipomoea Aquatica / Lotus - Nelumbo Nucifera  
Chenopodium Album - Lambs Quarters / Quinoa

- - -

omega 3 :::

Chia Seeds / Flaxseeds / Sunflower Seed  
Walnuts  
Salmon / Tuna  
Hemp Oil / Krill Oil

- - -

omega 6 ::: Walnuts / Hemp Oil / Sunflower Seed

- - -

calcium :::

Almonds / Asparagus / Dandelion leaves / Garlic / Lettuce - Lactuca Sativa / Parsley  
Spinach / Spirulina / Tamarind / Oysters / Ullucus Tuberosus - Ulluco / Poppy Seed  
Swamp Cabbage - Water Spinach - Ipomoea Aquatica / Jujube - Ziziphus Jujuba (DRIED)  
Chenopodium Album - Lambs Quarters / Chenopodium Giganteum  
Brosimum Alicastrum - Breadnut / Canarium Ovatum - Pili

Calcium citrate can be taken at any time  
and may cause fewer digestive problems.

Calcium-fortified foods like orange juice,  
soy milk, breakfast cereals and tofu.

You would have to eat so much broccoli to approach the level in milk  
that it could be toxic to your thyroid gland.

Other vegetables with calcium, like spinach, collards, kale and beans,  
contain oxalates that block calcium absorption.

- - -

potassium :::

Parsley / Dried Apricots / Chocolate / Fava Bean - Ficia Faba / Potatoes / Bamboo Shoots  
Bananas / Avocados / Soybeans / Carambola / Tamarind / Lettuce - Lactuca Sativa / Taro  
Wheat - Triticum / Mung Bean - Vigna Radiata - Golden Green Gram / Sunflower Seed  
Zucchini - Courgette / Oxalis Tuberosa - Oca / Saffron - Crocus Sativus / Jackfruit  
Shiitake - Lentinula Edodes / Loquat - Eriobotrya Japonica / Yam - Dioscorea  
Lotus - Nelumbo Nucifera / Jujube - Ziziphus Jujuba (DRIED)  
Swamp Cabbage - Water Spinach - Ipomoea Aquatica / Brosimum Alicastrum - Breadnut  
Juglans Cinerea - Butternut - White Walnut / Canarium Ovatum - Pili / Quinoa  
Chenopodium Album - Lambs Quarters / Chenopodium Giganteum

Various nuts (especially almonds and pistachios) and bran, although it is also present  
in sufficient quantities in most fruits, vegetables, meat and fish.

- - -

proteins :::

Fish / Meat / Poultry / Eggs  
Soy Milk / Spirulina  
Black Beans / Chickpea - Garbanzo Bean / Canarium Ovatum - Pili / Quinoa  
Ullucus Tuberosus - Ulluco / Brosimum Alicastrum - Breadnut

- - -

fiber :::

Avocado / Broccoli / Cauliflower / Onion / Passion Fruit / Strawberry

- - -

antioxidants :::

Aronia / Asparagus Stalks / Blackcurrant / Blueberries / Cashew Nuts / Carambola  
Kale / Parsley / Rose Hip / Walnuts / Coffee Leaf Tea / Dark Chocolate



=====

## FOOD COMBINING ( TROPHOLOGY ) :::

30 min. before breakfast :::

juice made from lemon, black currant or pomegranate !

Lunch ::: largest meal ::: carbohydrate / starch ...

Bread - rice - pasta / with vegetables ...

Dinner ::: smallest meal, but largest amount of protein  
or two cooked non-starchy vegetables and a protein !

Animal Proteins ::: fish / meat / poultry / eggs :::  
with non-starchy vegetables !

Carbohydrate foods and acid foods should not be eaten at the same meal !

Wait 3 hours after eating a grain-based meal before you have a protein meal !

After a protein meal, give yourself 4 hours to fully digest !

Heavy meat dinner ::: 8 hours to digest !

tomatoes ::: may be eaten with leafy vegetables and fat foods.

Eat acidic or sour fruits with “protein fat” foods like kefir,  
combine well with nuts and seeds or with avocado !

( Avoid eating nuts/seeds with avocado and coconut ! )

( Be sure to soak and sprout your seeds and nuts to ease digestion ! )

avocado ::: combines well with any kind of vegetable and non-sweet fruit

bread ::: starches with non-starchy vegetables !

carrots :::

grains and starchy vegetables with non-starchy land  
and/or sea vegetables !

( Young carrots fresh from the garden are non-starchy /  
older ones are starchy ! )

( Avoid combining proteins and starches in the same meal ! )

Eat fruits alone on an empty stomach !

Fruits, when eaten alone as a meal,  
will remain in the stomach from 20 minutes to an hour.

Do not eat acid fruits with proteins !

Do not consume melons with any other foods !

Not more than three fruits be used at meal,  
for example grapes, well ripened bananas and an apple !

Do not eat fatty high-protein foods

(nuts, seeds and coconut)

with sweet fruit or starchy foods

(squash, tubers, carrots, peas and corn) !

Avoid combining proteins and starches

(including grains like rice, and starchy vegetables like potatoes)  
in the same meal !

Fats and oils choose organic :::  
unrefined and extra virgin oils like flax seed,  
pumpkin seed, olive or coconut oils !

Cultured vegetables and Young Coconut Kefir  
are just two examples of superfoods,  
that help us stay healthy, slim and youthful.  
Combine with everything, even with fruit !

- - -

To cut risk of heart disease and stroke,  
look at saturated and trans fats.  
Look for products with the lowest amount  
of saturated and trans fats per serving.

For people with high blood pressure, look at the sodium.  
Look for foods with less sodium.

=====

**PALEOLITHIC DIET** consists of foods that can be fished and hunted, such as seafood and grass-fed pasture raised meats (including offal), and foods that can be gathered, such as eggs, fruits, roots, herbs, insects, mushrooms, nuts, seeds, spices, vegetables and excludes what are perceived to be agricultural products; grains, legumes, dairy products, potatoes, refined salt, refined sugar, and processed oils. = Drink mainly water! = Paleolithic diet is free of gluten. Also casein-free :: casein :: protein found in milk and dairy products, may impair glucose tolerance in humans.

One line of evidence used to support the Paleolithic diet is the decline in human health and body mass purported to have occurred with the adoption of agriculture, at the end of the Paleolithic era. With the introduction of domesticated and processed plant foods, such as cereal grains, in the human diet, there was, in many areas, a general decrease in body stature and dentition size, and an increase in dental caries rates. As agricultural and pastoral peoples increased their populations and drove hunter-gatherers either extinct or into marginal lands, a general decline in health followed the introduction of agriculture in some areas, so it is unclear to what degree this change is related solely or at all to dietary patterns. Other factors such as increased sedentism, different work habits, greater general caloric scarcity, and denser settlement patterns and concomitant disease transmission may also have played important roles. Evidence for the effect of the switch to agriculture on general life expectancy is mixed, with some populations exhibiting an apparent decrease in life expectancy and others an apparent increase.

///

#### CONTROVERSIES ::

Human genetics have scarcely changed since the dawn of agriculture, which marked the end of the Paleolithic era, around 15,000 years ago.

Modern humans are adapted to the diet or diets of the Paleolithic period.

Up until the Upper Paleolithic, humans were frugivores (fruit eaters), ????? who supplemented their meals with carrion, eggs, and small prey such as baby birds and mussels, and, only on rare occasions, managed to kill and consume big game such as antelopes. However, in some ecosystems chimpanzees are predatory, forming parties to hunt monkeys.

Some comparative studies of human and higher primate digestive tracts do suggest that humans have evolved to obtain greater amounts of calories from sources such as animal foods, allowing them to shrink the size of the gastrointestinal tract, relative to body mass, and to increase the brain mass instead.

There is evidence suggesting that Paleolithic societies were gathering wild cereals for food use at least as early as 23,000 BCE.

Specific plant to animal food ratio is also a matter of some dispute.

Cereal grains and legumes contain high amounts of antinutrients, including alkylresorcinols, alpha-amylase inhibitors, protease inhibitors, lectins and phytates, substances known to interfere with the body's absorption of many key nutrients. Molecular-mimicking proteins, which are basically made up of strings of amino acids that closely resemble those of another totally different protein, are also found in grains and legumes, as well as milk and dairy products. Advocates of the Paleolithic diet have argued that these components of agrarian diets promote vitamin and mineral deficiencies and may explain the development of the "diseases of civilization" as well as a number of autoimmune-related diseases.

It is unlikely that preagricultural foragers suffered from the diseases of modern civilization simply because they did not live long enough to develop these illnesses, which are typically associated with old age.

Paleolithic hunting and gathering people ate varying proportions of leafy vegetables, fruit, nuts and insects, meat, fish, and shellfish. However, there is little direct evidence of the relative proportions of plant and animal foods. Although the term "paleolithic diet", without references to a specific timeframe or locale, is sometimes used with an implication that most humans shared a certain diet during the entire era, that is not entirely accurate. The Paleolithic was an extended period of time, during which multiple technological advances were made, many of which had impact on human dietary structure. For example, humans probably did not possess the control of fire until the Middle Paleolithic, or tools necessary to engage in extensive fishing.[citation needed] On the other hand, both these technologies are generally agreed to have been widely available to humans by the end of the Paleolithic (consequently, allowing humans in some regions of the planet to rely heavily on fishing and hunting). In addition, the Paleolithic involved a substantial geographical expansion of human populations. During the Lower Paleolithic, ancestors of modern humans are thought to have been constrained to Africa east of the Great Rift Valley. During the Middle and Upper Paleolithic, humans greatly expanded their area of settlement, reaching ecosystems as diverse as New Guinea and Alaska, and adapting their diets to whatever local resources available. Anthropologists have diverse opinions about the proportions of plant and animal foods consumed. Just as with still existing hunters and gatherers, there were many varied "diets" - in different groups - and also varying through this vast amount of time. Some paleolithic hunter-gatherers consumed a significant amount of meat and possibly obtained most of their food from hunting, while others are shown as a primarily plant-based diet. Most, if not all, are believed to have been opportunistic omnivores. One hypothesis is that carbohydrate tubers (plant underground storage organs) may have been eaten in high amounts by pre-agricultural humans. The relative proportions of plant and animal foods in the diets of Paleolithic people often varied between regions, with more meat being necessary in colder regions (which weren't populated by anatomically modern humans until 30,000-50,000 BP). It is generally agreed that many modern hunting and fishing tools, such as fish hooks, nets, bows, and poisons, weren't introduced until the Upper Paleolithic and possibly even Neolithic. The only hunting tools widely available to humans during any significant part of the Paleolithic period were hand-held spears and harpoons. There's evidence of Paleolithic people killing and eating seals and elands as far as 100,000 years BP. On the other hand, buffalo bones found in African caves from the same period are typically of very young or very old individuals, and there's no evidence that pigs, elephants or rhinos were hunted by humans at the time. Paleolithic peoples suffered less famine and malnutrition than the Neolithic farming tribes that followed them. This was partly because Paleolithic hunter-gatherers accessed to a wider variety natural foods, which allowed them a more nutritious diet and a decreased risk of famine. Many of the famines experienced by Neolithic (and some modern) farmers were caused or amplified by their dependence on a small number of crops. The greater amount of meat obtained by hunting big game animals in Paleolithic diets than Neolithic diets may have also allowed Paleolithic hunter-gatherers to enjoy a more nutritious diet than Neolithic agriculturalists. It is also unlikely that Paleolithic hunter-gatherers were affected by modern diseases of affluence and extended life such as Type 2 diabetes, coronary heart disease and cerebrovascular disease, because they ate mostly lean meats and plants and frequently engaged in intense physical activity, and because the average lifespan was shorter than the age of common-onset of these conditions.

Some European late Upper Paleolithic cultures domesticated and raised reindeer, presumably for their meat or milk, as early as 14,000 BP. People during the Middle Paleolithic, such as the Neanderthals and Middle Paleolithic Homo sapiens in Africa, began to catch shellfish for food as revealed by shellfish cooking in Neanderthal sites in Italy about 110,000 years ago and Middle Paleolithic Homo sapiens sites at Pinnacle Point, in Africa around 164,000 BP. Fish have been part of human diets long before the dawn of the Upper Paleolithic.

=====

February 2013 - [www.livescience.com](http://www.livescience.com)

A tiny, furry-tailed creature is the most complete picture yet as to what the ancestor of mice, elephants, lions, tigers, bears, whales, bats and humans once looked like, researchers say. These new findings also suggest this forerunner of most mammals appeared shortly after the catastrophe that ended the age of dinosaurs, scientists added. "Species like rodents and primates did not share the Earth with nonavian dinosaurs, but arose from a common ancestor — a small, insect-eating, scampering animal — shortly after the dinosaurs' demise," said researcher Maureen O'Leary at Stony Brook University in New York. The largest living branch of the mammalian family tree holds the placentals — mammals that keep fetuses alive with placentas, as opposed to marsupials such as kangaroos, which raise offspring in pouches, or monotremes such as platypuses, which develop fetuses in eggs. "There are over 5,100 living placental species and they exhibit enormous diversity," said researcher Nancy Simmons at the American Museum of Natural History. Much remains controversial about the origins of placentals, such as when they arose and how they diversified. Fossil evidence suggests they evolved after the end-Cretaceous mass extinction event about 65 million years ago that ended the age of dinosaurs; and the "explosive model" based off this data proposes that placental lineages emerged and diversified to fill niches left vacant after this catastrophe. However, genetics research suggests placental lineages were actually far older, hinting their diversification was linked to the breakup of the continents before the end of the Cretaceous period. "In the field of mammal research, there had been a big divide between people working with DNA and others working on morphology," said researcher John Wible at the Carnegie Museum of Natural History in Pittsburgh. To uncover the roots of the placental family tree and help resolve the decades-old debate as to when placentals evolved, an international team of researchers took part in a six-year research collaboration called Assembling the Tree of Life. The project adopted two distinct approaches to evolutionary studies — molecular data, which examines DNA, and morphological data, which looks at anatomical features such as bone length, types of teeth and the presence of stripes in the fur. The molecular team gathered DNA sequences of living animals while the morphology team analyzed the anatomy of both living and extinct mammals. The molecular team was limited largely to living mammals, because researchers currently cannot extract genetic material from fossils more than 30,000 years old, so morphological data was key when it came to exploring more ancient branches of the mammal family tree.

"Discovering the tree of life is like piecing together a crime scene — it is a story that happened in the past that you can't repeat," O'Leary said. "Just like with a crime scene, the new tools of DNA add important information, but so do other physical clues like a body or, in the scientific realm, fossils and anatomy. Combining all the evidence produces the most informed reconstruction of a past event." When it comes to studying morphology, a dataset of 500 anatomical characteristics, or "characters," is often considered large. However, for this new project, the researchers generated a groundbreaking 4,500 characters using a cloud-based and publicly accessible database called MorphoBank. "We couldn't have accomplished this without MorphoBank," said researcher Michelle Spaulding at Carnegie Museum of Natural History. "This website allowed members of the team, spread all over the globe, to work simultaneously." Combining both DNA and morphological datasets led to an unprecedented amount of information for each of the 83 mammals they investigated. "It's not that we hadn't combined morphology with DNA before," Spaulding said. "This time, we ratcheted up the amount of morphological detail phenomenally, providing a larger anatomical base for the study as compared with DNA than is typical." From all this data from living and extinct mammals, the scientists extrapolated the appearance of the most recent common ancestor of all placental mammals. "We have all these placentals alive today, from elephants to shrews, from things that fly to things that swim," Spaulding said. "What could the common ancestor of these things that are so different possibly look like?" The scientists then worked with an artist to illustrate this ancestor. In addition to a furry tail, the researchers suggest the four-legged creature likely ate insects, weighed from 6 grams (about the weight of some shrews) up to 245 grams — less than half a pound — and was more adapted for general scampering than built for more specialized forms of movement, such as swinging from trees. Also, its cerebral cortex — the part of the brain linked to higher mental processes — was probably convoluted, folds linked with greater brain activity, the researchers found. "That's the power of 4,500 characters," Wible said. "We looked at all aspects of mammalian anatomy, from the skull and skeleton, to the teeth, to internal organs, to muscles, and even fur patterns. Using the new family tree of mammals in tandem with this anatomical data, we were able to reconstruct what this common placental ancestor may have looked like."





Their research also suggested placental mammals appeared after the end of the age of dinosaurs, with the original ancestor developing about 200,000 to 400,000 years after the event.

"This is about 36 million years later than the prediction based on purely genetic data," said researcher Marcelo Weksler at Brazil's National Museum at the Federal University of Rio de Janeiro. This supports the notion that the mass extinction was a critical event in mammalian evolutionary history.

"The diversification of placental mammals was not tied to the breakup of continents from a supercontinent, Gondwana," O'Leary told LiveScience. The discrepancy between these findings and past research that looked only at genes is the result of the way genetic studies "assign a rate of change to genes through time," O'Leary explained.

"A weakness of that approach is that it involves many assumptions about rates of gene change through time." In the future, "I will continue looking for key fossils from the Late Mesozoic and Early Paleogene that help us contribute even more to this family tree," O'Leary said. "I have been working in Africa to make such discoveries with projects in Mali and Senegal. I plan to continue trying to make fossil discoveries that expand the placental mammal family tree."

=====

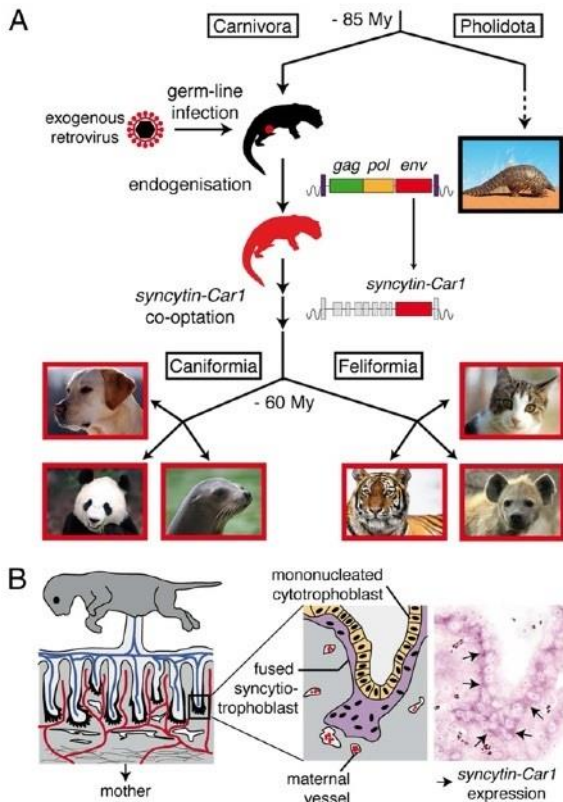


=====

Carl Zimmer - Discover Magazine - 2012 :::

If not for a virus, none of us would ever be born.

In 2000, a team of Boston scientists discovered a peculiar gene in the human genome. It encoded a protein made only by cells in the placenta. They called it syncytin. The cells that made syncytin were located only where the placenta made contact with the uterus. They fuse together to create a single cellular layer, called the syncytiotrophoblast, which is essential to a fetus for drawing nutrients from its mother. The scientists discovered that in order to fuse together, the cells must first make syncytin. What made syncytin peculiar was that it was not a human gene. It bore all the hallmarks of a gene from a virus. Viruses have insinuated themselves into the genome of our ancestors for hundreds of millions of years. They typically have gotten there by infecting eggs or sperm, inserting their own DNA into ours. There are 100,000 known fragments of viruses in the human genome, making up over 8% of our DNA. Most of this virus DNA has been hit by so many mutations that it's nothing but baggage our species carries along from one generation to the next. Yet there are some viral genes that still make proteins in our bodies. Syncytin appeared to be a hugely important one to our own biology. Originally, syncytin allowed viruses to fuse host cells together so they could spread from one cell to another. Now the protein allowed babies to fuse to their mothers. It turned out that syncytin was not unique to humans. Chimpanzees had the same virus gene at the same spot in their genome. So did gorillas. So did monkeys. What's more, the gene was strikingly similar from one species to the next. The best way to explain this pattern was that the virus that gave us syncytin infected a common ancestor of primates, and it carried out an important function that has been favored ever since by natural selection. Later, the French virologist Thierry Heidmann and his colleagues discovered a second version of syncytin in humans and other primates, and dubbed them syncytin 1 and syncytin 2. Both virus proteins seemed to be important to our well-being. In pre-eclampsia, which gives pregnant women dangerously high blood pressure, levels of both syncytin 1 and syncytin 2 drop dramatically. Syncytin 2 also performs another viral trick to help its human master: it helps tamp down the mother's immune system so she doesn't attack her baby as a hunk of foreign tissue. In 2005, Heidmann and his colleagues realized that syncytins were not just for primates. While surveying the mouse genome, they discovered two syncytin genes (these known as A and B), which were also produced in the same part of the placenta. This discovery allowed the scientists to test once and for all how important syncytin was to mammals. They shut down the syncytin A gene in mouse embryos and discovered they died after about 11 days because they couldn't form their syncytiotrophoblast. So clearly this virus mattered enormously to its permanent host. Despite their name, however, the primate and mouse syncytins didn't have a common history. Syncytin 1 and 2 come from entirely different viruses than syncytin A and B. And the syncytin story got even more intricate in 2009, when Heidmann discovered yet another syncytin gene—from an entirely different virus—in rabbits. While they found this additional syncytin (known as syncytin-Ory1) in a couple different species of rabbits, they couldn't find it in the close relative of rabbits, the pika. So their own placenta-helping virus must have infected the ancestors of rabbits less than 30 million years ago.



Now Heidmann has found yet another virus lurking in the ancient history of mammals. This one is in dogs and cats—along with pandas and hyenas and all the other mammals that belong to the so-called carnivoran branch of the mammal tree. In every carnivoran they've looked at, they find the same syncytin gene, which they named syncytin-Car1. In every species it is strikingly similar, suggesting that it's experienced strong natural selection for an important function for millions of years. But it's missing from the closest living relative of carnivorans, the pangolins. The diagram here, from the authors, shows how they see this evolution having unfolded. After the ancestors of carnivorans split from other mammals 85 million years ago, they got infected with a virus which eventually came to be essential for their placenta. The big picture that's now emerging is quite amazing. Viruses have rained down on mammals, and on at least six occasions, they've gotten snagged in their hosts and started carrying out the same function: building placentas. The complete story will have to wait until scientists have searched every placental mammal for syncytins from viruses. But in the meantime there is something interesting to consider. Some mammals that scientists have yet to investigate, such as pigs and horses, don't have the open layer of cells in their placenta like we do. Scientists have come up with all sorts of explanations for why that may be, mainly by looking for differences in the biology of each kind of mammals. But the answer may be simpler: the ancestors of pigs and horses might never have gotten sick with the right virus.

///

We all started out as a fertilized egg: a solitary cell about as wide as a shaft of hair. That primordial sphere produced the ten trillion cells that make up each of our bodies. We are not merely sacs of identical cells, of course. A couple hundred types of cells arise as we develop. We're encased in skin, inside of which bone cells form a skeleton; inside the skull are neurons woven into a brain. What made this alchemy possible? The answer, in part, is viruses. Viruses are constantly swarming into our bodies. Sometimes they make us sick; sometimes our immune systems vanquish them; and sometimes they become a part of ourselves. A type of virus called a retrovirus makes copies of itself by inserting its genes into the DNA of a cell. The cell then uses those instructions to make the parts for new viruses. HIV makes a living this way, as do a number of viruses that can trigger cancer. On rare occasion, a retrovirus may infect an egg. Now something odd may happen. If the egg becomes fertilized and gives rise to a whole adult individual, all the cells in its body will carry that virus. And if that individual has offspring, the virus gets carried down to the next generation. At first, these so-called endogenous retroviruses lead a double life. They can still break free of their host and infect new ones. Koalas are suffering from one such epidemic. But over thousands of years, the viruses become imprisoned. Their DNA mutates, robbing them of the ability to infect new hosts. Instead, they can only make copies of their genes that are then inserted back into their host cell. Copy after copy build up the genome. To limit the disruption these viruses can cause, mammals produce proteins that can keep most of them locked down. Eventually, most endogenous retroviruses mutate so much they are reduced to genetic baggage, unable to do anything at all. Yet they still bear all the hallmarks of viruses, and are thus recognizable to scientists who sequence genomes. It turns out that the human genome contains about 100,000 fragments of endogenous retroviruses, making up about eight percent of all our DNA. Evolution is an endlessly creative process, and it can turn what seems utterly useless into something valuable. All the viral debris scattered in our genomes turns out to be just so much raw material for new adaptations. From time to time, our ancestors harnessed virus DNA and used it for our own purposes. In a new paper in the journal *Nature*, a scientist named Samuel Pfaff and a group of fellow scientists report that one of those purposes to help transform eggs into adults. In their study, Pfaff and his colleagues at the Salk Institute for Biological Sciences examined fertilized mouse eggs. As an egg starts to divide, it produces new cells that are capable of becoming any part of the embryo—or even the membrane that surrounds the embryo or the placenta that pipes in nutrients from the animal's mother. In fact, at this early stage, you can pluck a single cell from the clump and use it to grow an entire organism. These earliest cells are called totipotent. After a few days, the clump becomes a hollowed out ball. The cells that make the ball up are still quite versatile. Depending on the signals a cell gets at this point, it can become any cell type in the body. But once the embryo reaches this stage, its cells have lost the ability to give rise to an entirely new organism on their own, because they can't produce all the extra tissue required to keep an embryo alive. Now the cells are called pluripotent. The descendants of pluripotent cells gradually lose their versatility and get locked into being certain types of cells. Some become hematopoietic cells, which can turn into lots of different kinds of blood cells but can no longer become, say, skin cells. Pfaff and his colleagues examined mouse embryos just after they had divided into two cells, in the prime of their totipotency. They catalogued the genes that were active at that time—genes which give the cells their vastly plastic potential. They found over 100 genes that were active at the two-cell stage, and which then shut down later on, by the time the embryo had become a hollow ball. One way cells can switch genes on and off is producing proteins that latch onto nearby stretches of DNA called promoters. The match between the protein and the promoter has to be precise; otherwise, genes will be flipping on at all the wrong times, and failing to make proteins when they're needed.

Pfaff and his colleagues found that all the two-cell genes had identical promoters—which would explain how they all managed to become active at the same time. What was really remarkable about their discovery was the origin of those promoters. They came from viruses. During the earliest stage of the embryo's development, these virus-controlled genes are active. Then the cells clamp down on them, just as they would clamp down on viruses. Once those genes are silenced, the totipotent cells become pluripotent. Pfaff and his colleagues also discovered something surprising when they looked at the pluripotent ball of cells. From time to time, the pluripotent cells let the virus-controlled genes switch on again, and then shut them back down. All of the cells, it turns out, cycle in and out of what the scientists call a "magic state," in which they become temporarily totipotent again. (The pink cells in this photo are temporarily in that magic state.) Cells in the magic state can give rise to any part of the embryo, as well as the placenta and other tissue outside the embryo. Once the virus-controlled genes get shut down again, they lose that power. This discovery demonstrated that these virus-controlled genes really are crucial for making cells totipotent. Pfaff and his colleagues propose that the domestication of these virus promoters was a key step in the evolution of mammals with placentas. The idea that viruses made us who we are today may sound bizarre, except that Pfaff is hardly the first person to find evidence for it. Last year, for example, I wrote about how placental mammals stole a virus protein to build the placenta. A discovery this strange inevitably raises questions that its discoverers cannot answer. What are the virus-controlled genes doing in those first two cells? Nobody knows. How did the domestication of this viral DNA help give rise to placental mammals 100 million years ago? Who knows? Why are viruses so intimately involved in so many parts of pregnancy? Awesome question. A very, very good question. Um, do we have any other questions? We don't have to wait to get all the answers to those questions before scientists can start to investigate one very practical application of these viruses. In recent years, scientists have been reprogramming cells taken either from adults or embryos, trying to go back into an early state. By inducing cells to become stem cells, the researchers hope to develop new treatments for Parkinson's disease and other disorders where defective cells need to be replaced. Pfaff suggests that we should switch on these virus-controlled genes to help push cells back to a magic state. If Pfaff's hunch turns out to be right, it would be a delicious triumph for us over viruses. What started out as an epidemic 100 million years ago could become our newest tool in regenerative medicine.

=====

=====

**cow milk** ::: When the child has a full set of teeth,  
the secretion of rennin begins to diminish,  
this phenomenon indicates the time for weaning and feeding solid food,  
there is no physiological need for milk from this time forth ?  
Lactose in milk feeds pathogenic yeast  
and most people don't have enough dairy loving enzymes  
to digest the milk protein ?  
Only about 25 percent of dairy calcium from milk can be absorbed ?  
Milk is the natural food of the mammalian young,  
each species producing milk peculiarly  
and precisely adapted to the needs of its young.  
It is the rule that the young take the milk alone,  
not in combination with other foods ?

**water** ::: does it flush out from body also useful enzymes ?  
Heinz Valtin, a retired professor of physiology from Dartmouth Medical School  
who specialized in kidney research and spent 45 years  
studying the biological system that keeps the water in our bodies in balance:  
he says that for people who have specific health concerns,  
such as kidney stones or a tendency to develop urinary tract infections,  
drinking lots of water can be beneficial.  
But after an extensive search in 2002 for the origins  
of what is commonly referred to as the "8 x 8" guideline  
and a review of associated health claims,  
he reports finding no scientific evidence  
supporting the notion that healthy individuals  
need to consume large quantities of water.  
Much of the daily need for water could be met by the water content found in food.  
According to Katherine Zeratsky, (Mayo Clinic),  
your kidneys and liver efficiently and effectively remove most ingested toxins.  
In fact, habitually drinking too much water can actually reduce your kidneys  
ability to filter out things that your body can't use,  
according to Dr. Stanley Goldfarb of the University of Pennsylvania.  
If you drink too much water, you retain the water  
and the concentration of salt in your blood lessens.  
If your water intake is high enough, this concentration decreases  
until it is lower than the salt level in your cells.  
This condition is called hyponatremia.

**tea** ::: You need to drink at least five cups of mild-tasting green tea a day to get any real benefit ?  
Compounds in tea can affect iron absorption, consume tea between meals!

**gluten** ::: Scientific definition involves terminology like gliadin, secalin, hordein, and prolamins.  
It further explains that gluten is found in all grains - rice, corn etc.  
Layman's definition is: protein found in wheat, rye, and barley.  
Although oats don't contain gluten in and of themselves,  
it will be avoided on the gluten-free diet  
because of cross-contamination issues that may arise during the production process.  
So something that's gluten-free, by definition, is wheat-free.  
But it doesn't necessarily hold true the other way around.  
Gluten-free means wheat-free, but wheat-free doesn't necessarily mean gluten-free.  
Something can be wheat-free but still contain gluten if it has, for instance,  
malt, which is usually derived from barley.  
In that case, the food would be wheat-free  
but not gluten-free because barley contains gluten.

**B 12** ::: Neither fungi, plants, nor animals are capable of producing vitamin B12. Only bacteria and archaea have the enzymes required for its synthesis, although many foods are a natural source of B12 because of bacterial symbiosis. Animals must obtain vitamin B12 directly or indirectly from bacteria, and these bacteria may inhabit a section of the gut which is distal to the section where B12 is absorbed. Thus, herbivorous animals must either obtain B12 from bacteria in their rumens, or (if fermenting plant material in the hindgut) by reingestion of cecotrope feces. Vitamin B12 is found in most animal derived foods, including fish and shellfish, meat (especially liver), poultry, eggs, milk, and milk products. Besides certain fermented foods, there are currently only a few non-animal food sources of biologically active B12 suggested and none of these have been subjected to human trials. Vitamin B12 is made by bacteria such that it does not need to be obtained from animal products. In choosing to use fortified foods or B12 supplements vegans are taking their B12 from the same source as every other animal on the planet ( micro\_organisms ) without causing suffering to any sentient being or causing environmental damage.

///

**meat** :::

**Book of Enoch** :::

And they began to sin against birds, and beasts, and reptiles, and fish, and to devour one another's flesh, and drink the blood.

///

**Bible** :::

Every creeping thing which is alive shall be food for you.  
I have given you all things, even as the green plant.

But you shall not eat flesh in its life, its blood.

And Elohim said, Behold,  
I have given you every plant seeding seed  
which is on the face of all the earth,  
and every tree in which is the fruit of a tree seeding seed  
it shall be food for you.

///

=====

Dead Sea Scrolls ::: Jesus and Essenes were vegetarians ?

**JEWISH VEGETARIANISM** is the belief that following a vegetarian diet is implied in the Torah. While it is neither required nor prohibited for Jews to eat meat, a number of medieval scholars of Judaism, such as Joseph Albo and Isaac Arama, regard vegetarianism as a moral ideal, not just out of a concern for animal welfare but also the slaughterer. Jewish vegetarians also cite health and environmental reasons for adopting a plant-based diet. The Torah gives precise details on how animals are to be sacrificed and slaughtered (shechita). According to Rabbis Shlomo Ephraim Luntschitz and Abraham Isaac Kook the complexity of these laws were intended to discourage the consumption of meat. Kashrut may also be designed to remind Jews of the magnitude of the task undertaken in killing a living being. Rabbi Kook speaks of vegetarianism as an ideal, and points to the fact that Adam and Eve did not partake of the flesh of animals as all humans and animals were originally commanded by God to only eat plants.

According to Richard H. Schwartz, president of Jewish Vegetarians of North America and author of the book Judaism and Vegetarianism, God's original plan was for mankind to be vegetarian, and that God only later gave permission for man to eat meat in a covenant with Noah (Genesis 9:1–17) as a temporary concession because of Man's weak nature. This concessionary view of meat-consumption is based on the scriptural analysis of several Rishonim.

Biogerontology is the sub-field of gerontology concerned with the biological processes of aging and their evolutionary origins. It involves interdisciplinary research on biological aging's causes, effects, and mechanisms. Conservative biogerontologists such as Leonard Hayflick have predicted that the human life expectancy will peak at about 92 years old, although the consensus now is that the numbers will continue to rise.

Biomedical gerontology, also known as experimental gerontology and life extension, is a sub-discipline of biogerontology that endeavors to slow, prevent, and even reverse aging in both humans and animals. Approaches include curing age-related diseases and slowing down the underlying processes of aging. Most "life extensionists" believe the human life span can be increased within the next century, if not sooner. Optimists such as Aubrey de Grey estimate that the first person to live to a thousand years may have already been born. Some biogerontologists take an intermediate position, emphasizing the study of the aging process as a means of mitigating aging-associated diseases, while either claiming that maximum life span cannot be altered or that it is undesirable to try.

As with biogerontology, geriatrics studies the biological causes and effects of aging. Both fields are considered by many scientists to be the most important frontiers in aging research.

///

Methuselah - son of Enoch and the grandfather of Noah died at the age of 969 ?

Abraham died at age of 175 ?

\_\_ \_ **But what types of calendars were used ? :)**  \_\_ \_

///

=====

( Cancer linked to animal protein ? )

[http://en.wikipedia.org/wiki/The\\_China\\_Study](http://en.wikipedia.org/wiki/The_China_Study)

Dr. T. Colin Campbell, professor emeritus at Cornell University :::

We only recently (historically speaking) began eating meat,  
and the inclusion of meat in our diet  
came well after we became who we are today.  
The birth of agriculture only started about 10 000 years ago at a time  
when it became considerably more convenient to herd animals.  
This is not nearly as long as the time  
that fashioned our basic biochemical functionality  
(at least tens of millions of years)  
and which functionality depends  
on the nutrient composition of plant-based foods.

///

Physicians Committee for Responsible Medicine  
President Dr. Neal Barnard ::: The Power of Your Plate ( book ) :::

Early humans had diets very much like other great apes,  
( largely plant-based diet ) drawing on foods we can pick with our hands.  
Research suggests that meat-eating probably began by scavenging:  
eating the leftovers that carnivores had left behind.  
However, our bodies have never adapted to it.  
To this day, meat-eaters have a higher incidence  
of heart disease, cancer, diabetes, and other problems.

=====



=====

## ANTHROPOLOGY :::

Paleontologist Dr. Richard Leakey :::

Anyone who has taken an introductory physiology course might have discerned intuitively: that humans are herbivores. You can't tear flesh by hand, you can't tear hide by hand. We wouldn't have been able to deal with food source that required those large canines ( although we have teeth that are called "canines" they bear little resemblance to the canines of carnivores ). Our hands are perfect for grabbing and picking fruits and vegetables. Similarly, like the intestines of other herbivores, ours are very long ( carnivores have short intestines so they can quickly get rid of all that rotting flesh they eat ). We don't have sharp claws to seize and hold down prey. And most of us ( hopefully ) lack the instinct that would drive us to chase and then kill animals and devour their raw carcasses.

///

Milton R. Mills, M.D. :::

Thousands of years ago when we were hunter-gatherers, we may have needed a bit of meat in our diets in times of scarcity, but we don't need it now :::

Humans are most often described as "omnivores." This classification is based on the "observation" that humans generally eat a wide variety of plant and animal foods. However, culture, custom and training are confounding variables when looking at human dietary practices. Thus, "observation" is not the best technique to use when trying to identify the most "natural" diet for humans. While most humans are clearly "behavioral" omnivores, the question still remains as to whether humans are anatomically suited for a diet that includes animal as well as plant foods. A better and more objective technique is to look at human anatomy and physiology. Mammals are anatomically and physiologically adapted to procure and consume particular kinds of diets. (It is common practice when examining fossils of extinct mammals to examine anatomical features to deduce the animal's probable diet.) Therefore, we can look at mammalian carnivores, herbivores (plant-eaters) and omnivores to see which anatomical and physiological features are associated with each kind of diet. Then we can look at human anatomy and physiology to see in which group we belong.

## ORAL CAVITY

Carnivores have a wide mouth opening in relation to their head size. This confers obvious advantages in developing the forces used in seizing, killing and dismembering prey. Facial musculature is reduced since these muscles would hinder a wide gape, and play no part in the animal's preparation of food for swallowing.

In all mammalian carnivores, the jaw joint is a simple hinge joint lying in the same plane as the teeth. This type of joint is extremely stable and acts as the pivot point for the "lever arms" formed by the upper and lower jaws.

The primary muscle used for operating the jaw in carnivores is the temporalis muscle. This muscle is so massive in carnivores that it accounts for most of the bulk of the sides of the head (when you pet a dog, you are petting its temporalis muscles). The "angle" of the mandible (lower jaw) in carnivores is small.

This is because the muscles (masseter and pterygoids) that attach there are of minor importance in these animals.

The lower jaw of carnivores cannot move forward, and has very limited side-to-side motion.

When the jaw of a carnivore closes, the blade-shaped cheek molars slide past each other to give a slicing motion that is very effective for shearing meat off bone.

The teeth of a carnivore are discretely spaced so as not to trap stringy debris.

The incisors are short, pointed and prong-like and are used for grasping and shredding.

The canines are greatly elongated and dagger-like for stabbing, tearing and killing prey. The molars (carnassials) are flattened and triangular with jagged edges such that they function like serrated-edged blades. Because of the hinge-type joint, when a carnivore closes its jaw, the cheek teeth come together in a back-to-front fashion giving a smooth cutting motion like the blades on a pair of shears.

The saliva of carnivorous animals does not contain digestive enzymes.

When eating, a mammalian carnivore gorges itself rapidly and does not chew its food. Since proteolytic (protein-digesting) enzymes cannot be liberated in the mouth due to the danger of autodigestion (damaging the oral cavity),

carnivores do not need to mix their food with saliva, they simply bite off huge chunks of meat and swallow them whole.

According to evolutionary theory, the anatomical features consistent with an herbivorous diet represent a more recently derived condition than that of the carnivore. Herbivorous mammals have well-developed facial musculature, fleshy lips, a relatively small opening into the oral cavity and a thickened, muscular tongue.

The lips aid in the movement of food into the mouth and along with the facial (cheek) musculature and tongue, assist in the chewing of food. In herbivores, the jaw joint has moved to position above the plane of the teeth. Although this type of joint is less stable than the hinge-type joint of the carnivore, it is much more mobile and allows the complex jaw motions needed when chewing plant foods. Additionally, this type of jaw joint allows the upper and lower cheek teeth to come together along the length of the jaw more or less at once when the mouth is closed in order to form grinding platforms.

(This type of joint is so important to a plant-eating animal, that it is believed to have evolved at least 15 different times in various plant-eating mammalian species.)

The angle of the mandible has expanded to provide a broad area of attachment for the well-developed masseter and pterygoid muscles (these are the major muscles of chewing in plant-eating animals).

The temporalis muscle is small and of minor importance.

The masseter and pterygoid muscles hold the mandible in a sling-like arrangement and swing the jaw from side-to-side.

Accordingly, the lower jaw of plant-eating mammals has a pronounced sideways motion when eating. This lateral movement is necessary for the grinding motion of chewing. The dentition of herbivores is quite varied depending on the kind of vegetation a particular species is adapted to eat. Although these animals differ in the types and numbers of teeth they possess, the various kinds of teeth when present, share common structural features. The incisors are broad, flattened and spade-like. Canines may be small as in horses, prominent as in hippos, pigs and some primates (these are thought to be used for defense) or absent altogether. The molars, in general, are squared and flattened on top to provide a grinding surface. The molars cannot vertically slide past one another in a shearing / slicing motion, but they do horizontally slide across one another to crush and grind. The surface features of the molars vary depending on the type of plant material the animal eats. The teeth of herbivorous animals are closely grouped so that the incisors form an efficient cropping/biting mechanism, and the upper and lower molars form extended platforms for crushing and grinding. The "walled-in" oral cavity has a lot of potential space that is realized during eating. These animals carefully and methodically chew their food, pushing the food back and forth into the grinding teeth with the tongue and cheek muscles. This thorough process is necessary to mechanically disrupt plant cell walls in order to release the digestible intracellular contents and ensure thorough mixing of this material with their saliva. This is important because the saliva of plant-eating mammals often contains carbohydrate-digesting enzymes which begin breaking down food molecules while the food is still in the mouth.

## STOMACH AND SMALL INTESTINE

Striking differences between carnivores and herbivores are seen in these organs. Carnivores have a capacious simple (single-chambered) stomach. The stomach volume of a carnivore represents 60-70% of the total capacity of the digestive system. Because meat is relatively easily digested, their small intestines (where absorption of food molecules takes place) are short: about three to five or six times the body length. Since these animals average a kill only about once a week, a large stomach volume is advantageous because it allows the animals to quickly gorge themselves when eating, taking in as much meat as possible at one time which can then be digested later while resting. Additionally, the ability of the carnivore stomach to secrete hydrochloric acid is exceptional. Carnivores are able to keep their gastric pH down around 1-2 even with food present. This is necessary to facilitate protein breakdown and to kill the abundant dangerous bacteria often found in decaying flesh foods. Because of the relative difficulty with which various kinds of plant foods are broken down (due to large amounts of indigestible fibers), herbivores have significantly longer and in some cases, far more elaborate guts than carnivores. Herbivorous animals that consume plants containing a high proportion of cellulose must "ferment" (digest by bacterial enzyme action) their food to obtain the nutrient value.

They are classified as either "ruminants" (foregut fermenters) or hindgut fermenters. The ruminants are the plant-eating animals with the celebrated multiple-chambered stomachs. Herbivorous animals that eat a diet of relatively soft vegetation do not need a multiple-chambered stomach. They typically have a simple stomach, and a long small intestine. These animals ferment the difficult-to-digest fibrous portions of their diets in their hindguts (colons). Many of these herbivores increase the sophistication and efficiency of their GI tracts by including carbohydrate-digesting enzymes in their saliva. A multiple-stomach fermentation process in an animal which consumed a diet of soft, pulpy vegetation would be energetically wasteful. Nutrients and calories would be consumed by the fermenting bacteria and protozoa before reaching the small intestine for absorption. The small intestine of plant-eating animals tends to be very long (greater than 10 times body length) to allow adequate time and space for absorption of the nutrients.

## COLON

The large intestine (colon) of carnivores is simple and very short, as its only purposes are to absorb salt and water. It is approximately the same diameter as the small intestine and consequently, has a limited capacity to function as a reservoir. The colon is short and non-pouched. The muscle is distributed throughout the wall, giving the colon a smooth cylindrical appearance. Although a bacterial population is present in the colon of carnivores, its activities are essentially putrefactive. In herbivorous animals, the large intestine tends to be a highly specialized organ involved in water and electrolyte absorption, vitamin production and absorption, and/or fermentation of fibrous plant materials. The colons of herbivores are usually wider than their small intestine and are relatively long. In some plant-eating mammals, the colon has a pouched appearance due to the arrangement of the muscle fibers in the intestinal wall. Additionally, in some herbivores the cecum (the first section of the colon) is quite large and serves as the primary or accessory fermentation site.

One would expect an omnivore to show anatomical features which equip it to eat both animal and plant foods. According to evolutionary theory, carnivore gut structure is more primitive than herbivorous adaptations. Thus, an omnivore might be expected to be a carnivore which shows some gastrointestinal tract adaptations to an herbivorous diet. This is exactly the situation we find in the Bear, Raccoon and certain members of the Canine families. (This discussion will be limited to bears because they are, in general, representative of the anatomical omnivores.) Bears are classified as carnivores but are classic anatomical omnivores. Although they eat some animal foods, bears are primarily herbivorous with 70-80% of their diet comprised of plant foods. (The one exception is the Polar bear which lives in the frozen, vegetation poor arctic and feeds primarily on seal blubber.) Bears cannot digest fibrous vegetation well, and therefore, are highly selective feeders. Their diet is dominated by primarily succulent lent herbage, tubers and berries.

Many scientists believe the reason bears hibernate is because their chief food (succulent vegetation) not available in the cold northern winters.

(Interestingly, Polar bears hibernate during the summer months when seals are unavailable.)

In general, bears exhibit anatomical features consistent with a carnivorous diet.

The jaw joint of bears is in the same plane as the molar teeth.

The temporalis muscle is massive, and the angle of the mandible

is small corresponding to the limited role the pterygoid

and masseter muscles play in operating the jaw. The small intestine is short

(less than five times body length) like that of the pure carnivores,

and the colon is simple, smooth and short. The most prominent adaptation

to an herbivorous diet in bears (and other "anatomical" omnivores)

is the modification of their dentition. Bears retain the peg-like incisors,

large canines and shearing premolars of a carnivore;

but the molars have become squared with rounded cusps for crushing and grinding.

Bears have not, however, adopted the flattened, blunt nails seen in most

herbivores and retain the elongated, pointed claws of a carnivore.

An animal which captures, kills and eats prey must have the physical equipment

which makes predation practical and efficient.

Since bears include significant amounts of meat in their diet,

they must retain the anatomical features that permit them to capture and kill

prey animals. Hence, bears have a jaw structure, musculature and dentition

which enable them to develop and apply the forces necessary to kill

and dismember prey even though the majority of their diet is comprised of plant foods.

Although an herbivore-style jaw joint (above the plane of the teeth)

is a far more efficient joint for crushing and grinding vegetation

and would potentially allow bears to exploit a wider range

of plant foods in their diet, it is a much weaker joint

than the hinge-style carnivore joint.

The herbivore-style jaw joint is relatively easily dislocated

and would not hold up well under the stresses of subduing struggling prey

and / or crushing bones (nor would it allow the wide gape carnivores need).

In the wild, an animal with a dislocated jaw would either soon starve to death

or be eaten by something else and would, therefore, be selected against.

A given species cannot adopt the weaker but more mobile and efficient

herbivore-style joint until it has committed

to an essentially plant-food diet test it risk jaw dislocation,

death and ultimately, extinction.

The human gastrointestinal tract features

the anatomical modifications consistent with an herbivorous diet.

Humans have muscular lips and a small opening into the oral cavity.

Many of the so-called "muscles of expression" are actually the muscles used in chewing.

The muscular and agile tongue essential for eating, has adapted to use in speech

and other things. The mandibular joint is flattened by a cartilaginous plate

and is located well above the plane of the teeth. The temporalis muscle is reduced.

The characteristic "square jaw" of adult males reflects the expanded angular process

of the mandible and the enlarged masseter/pterygoid muscle group.

The human mandible can move forward to engage the incisors,

and side-to-side to crush and grind.

Human teeth are also similar to those found in other herbivores

with the exception of the canines (the canines of some of the apes

are elongated and are thought to be used for display and/or defense).

Our teeth are rather large and usually abut against one another.

The incisors are flat and spade-like, useful for peeling, snipping

and biting relatively soft materials. The canines are neither serrated nor conical,

but are flattened, blunt and small and function like incisors.

The premolars and molars are squarish, flattened and nodular,

and used for crushing, grinding and pulping noncoarse foods.

Human saliva contains the carbohydrate-digesting enzyme, salivary amylase.

This enzyme is responsible for the majority of starch digestion.

The esophagus is narrow and suited to small, soft balls of thoroughly chewed food. Eating quickly, attempting to swallow a large amount of food or swallowing fibrous and / or poorly chewed food (meat is the most frequent culprit) often results in choking in humans. Man's stomach is single-chambered, but only moderately acidic. (Clinically, a person presenting with a gastric pH less than 4-5 when there is food in the stomach is cause for concern.) The stomach volume represents about 21-27% of the total volume of the human GI tract. The stomach serves as a mixing and storage chamber, mixing and liquefying ingested foodstuffs and regulating their entry into the small intestine. The human small intestine is long, averaging from 10 to 11 times the body length. (Our small intestine averages 22 to 30 feet in length. Human body size is measured from the top of the head to end of the spine and averages between two to three feet in length in normal-sized individuals.) The human colon demonstrates the pouched structure peculiar to herbivores. The distensible large intestine is larger in cross-section than the small intestine, and is relatively long. Man's colon is responsible for water and electrolyte absorption and vitamin production and absorption. There is also extensive bacterial fermentation of fibrous plant materials, with the production and absorption of significant amounts of food energy (volatile short-chain fatty acids) depending upon the fiber content of the diet. The extent to which the fermentation and absorption of metabolites takes place in the human colon has only recently begun to be investigated.

In conclusion, we see that human beings have the gastrointestinal tract structure of a "committed" herbivore. Humankind does not show the mixed structural features one expects and finds in anatomical omnivores such as bears and raccoons. Thus, from comparing the gastrointestinal tract of humans to that of carnivores, herbivores and omnivores we must conclude that humankind's GI tract is designed for a purely plant-food diet ...

///

Dr. William C. Roberts, editor of the American Journal of Cardiology :::

Although we think we are, and we act as if we are, human beings are not natural carnivores. When we kill animals to eat them, they end up killing us, because their flesh, which contains cholesterol and saturated fat, was never intended for human beings, who are natural herbivores. Sure, most of us are "behavioral omnivores" - that is, we eat meat, so that defines us as omnivorous. But our evolution and physiology are herbivorous, and ample science proves that when we choose to eat meat, that causes problems, from decreased energy and a need for more sleep up to increased risk for obesity, diabetes, heart disease, and cancer. Old habits die hard, and it's convenient for people who like to eat meat to think that there is evidence to support their belief that eating meat is "natural" or the cause of our evolution. For many years, I too, clung to the idea that meat and dairy were good for me. I realize now that I was probably comforted to have justification for my continued attachment to the traditions I grew up with. But in fact top nutritional and anthropological scientists from the most reputable institutions imaginable say categorically that humans are natural herbivores, and that we will be healthier today if we stick with our herbivorous roots. It may be inconvenient, but it alas, it is the truth.

=====

=====

BOOKS :::

Complete Book Of Food Combining - Kathryn Marsden

Matrevolutionen - Andreas Eenfeldt

Nutrition For Dummies  
Carol Ann Rinzler / 2006

Complete Idiot\_s Guide To Eating Raw -  
Mark Reinfeld / Bo Rinaldi / Jennifer Murray

Gluten\_Free Cooking For Dummies  
Danna Korn And Connie Sarros / 2008

Living Vegan For Dummies  
Alexandra Jamieson / 2010

Thrive - Vegan Nutrition Guide  
To Optimal Performance In Sports And Life  
Brendan Brazier / 2007

Bad Food Britain - How Nation Ruined Its Appetite  
Joanna Blythman

=====

## MOVIES :::

World According To Monsanto -  
[http://en.wikipedia.org/wiki/The\\_World\\_According\\_to\\_Monsanto](http://en.wikipedia.org/wiki/The_World_According_to_Monsanto)

Who Killed Honey Bee ? - BBC

Killing Bees - Are Industry And Government Responsible ?  
( EARTH FOCUS TV )

Food Inc - [www.imdb.com/title/tt1286537/](http://www.imdb.com/title/tt1286537/)

Food Matters - [www.imdb.com/title/tt1528734/](http://www.imdb.com/title/tt1528734/)

Earthlings (2005)

Fast Food Nation - [www.imdb.com/title/tt0460792/](http://www.imdb.com/title/tt0460792/)

Super Size Me - [www.imdb.com/title/tt0390521/](http://www.imdb.com/title/tt0390521/)

Sicko - [www.imdb.com/title/tt0386032/](http://www.imdb.com/title/tt0386032/)

Doctored - [www.doctoredthemovie.com](http://www.doctoredthemovie.com)

King Corn - [www.imdb.com/title/tt1112115](http://www.imdb.com/title/tt1112115)

Did Cooking Make Us Human - BBC - 2010

Cancer Forbidden Cures -  
[http://en.wikipedia.org/wiki/Massimo\\_Mazzucco](http://en.wikipedia.org/wiki/Massimo_Mazzucco)

What If Cannabis Cured Cancer -  
[www.imdb.com/title/tt1638943/](http://www.imdb.com/title/tt1638943/)

Clearing Smoke - Science Of Cannabis

When We Grow This Is What We Can Do

Run From Cure / Rick Simpson Story

Forks Over Knives - [www.imdb.com/title/tt1567233/](http://www.imdb.com/title/tt1567233/)

<http://thegreatculling.net/>

Esoteric Agenda - <http://esotericagenda.net/>

What In The World Are They Spraying -  
[www.whatintheworldaretheyspraying.info](http://www.whatintheworldaretheyspraying.info)

Why In The World Are They Spraying -  
[www.imdb.com/title/tt2264390](http://www.imdb.com/title/tt2264390)

- - -



=====

**YET TO BE CONFIRMED ON MEDICAL / SCIENTIFIC LEVEL :::**

Agastache Rugosa  
Akebia  
Alangium Chinense  
Aleurites Moluccana - Candlenut  
American Elderberry - Sambucus Canadensis  
Amorphophallus Konjac  
Angelica Sinensis - Dong Quai  
Anisodus Tanguticus  
Annona Muricata  
Aralia Cordata  
Araucaria Angustifolia - Parana Pine ( seeds )  
Araucaria Araucana - Monkey Puzzle Tree - Chilean Pine ( seeds )  
Araucaria Bidwillii - Bunya Pine  
Ardisia Japonica  
Areca Nut / Areca Palm / Areca Catechu  
Argania Spinosa ( fruit and oil )  
Aristotelia Chilensis / Maqui  
Artemisia  
Artocarpus Integer - Cempedak  
Artocarpus Odoratissimus - Marang - Tarap  
Arugula - Eruca Sativa - Rugula  
Ashitaba - Angelica Keiskei  
Asparagus Racemosus  
Aster Tataricus  
Astragalus Propinquus  
Azadirachta Indica - Neem Tree ( fruit and oil )  
Atractylodes Lancea  
Bacopa Monnieri / Brahmi  
Blitum Californicum - Indian Lettuce - California Goosefoot  
Brachychiton Acerifolius - Illawarra Flame Tree ( fruit )  
Brachychiton Discolor ( seeds )  
Brachychiton Populneus - Kurrajong ( seeds )  
Bryonia Dioica - White Bryony  
Bupleurum Chinense  
Bupleurum Falcatum  
Caesalpinia Sappan  
Calea ternifolia / Calea Zacatechichi  
California Walnut - Juglans Californica ( nuts )  
Caragana Arborescens - Siberian Peashrub  
Carya Ovata - Shagbark Hickory ( nuts )  
Caryocar Brasiliense - Pequi - Souari Nut  
Castanea Mollissima - Chinese Chestnut  
Castanopsis Cuspidata - Japanese Chinquapin  
Cempedak - Artocarpus Integer  
Cercis Canadensis - Eastern Redbud  
Chenopodium Murale - Australian Spinach - Sowbane  
Chervil - Anthriscus Cerefolium  
Chinese Goldthread - Coptis Chinensis  
Chrysanthemum  
Chrysolepis - Chinquapin  
Cicely - Myrrhis Odorata  
Cinnamon  
Cissampelos Pareira  
Citrullus Colocynthis  
Citrus Depressa - Taiwan Tangerine - Hiram Lemon  
Citrus Hystrix - Kaffir Lime

Coffee Bean  
Cornflower - *Centaurea Cyanus*  
Corydalis Ambigua  
Corylus Heterophylla ( nuts )  
Corylus Maxima - Filbert  
Couepia Longipendula ( nuts )  
Crataegus Aestivalis / Mayhaw  
Croton Tiglium  
Curcuma Zedoaria  
Cyperus Rotundus  
Daisy - *Bellis Perennis*  
Daphne Genkwa  
Datura Stramonium  
Deer Velvet Antler  
Dendrobium Nobile  
Dichroa Febrifuga  
Ephedra Sinica  
Eucommia Ulmoides  
Euphorbia Lathyris - Caper Spurge - Gopher Plant  
Euphorbia Pekinensis  
Ferula Assa\_Foetida  
Flueggea Suffruticosa  
Forsythia Suspensa  
Galangal  
Galium Odoratum  
Gentiana  
Glechoma Hederacea - Ground Ivy - Field Balm  
Gleditsia Sinensis  
Glehnia  
Gnetum Gnemon - Melinjo  
Goldenrod - Solidago  
Guarana  
Guizotia Abyssinica ( seeds and oil )  
Hyptis Suaveolens - Pignut - Chan  
Ilex Purpurea  
Inonotus Obliquus  
Job\_s Tears - *Coix Lacryma\_Jobi*  
Juglans Neotropica  
Juglans Regia  
Juniper Berries  
Kola Nuts  
Kudzu - *Pueraria Lobata*  
Lansium Domesticum  
Leonurus Japonicus  
Licania Rigida - Oiticica  
Ligusticum Wallichii  
Lobelia Chinensis  
Lonicera Japonica  
Lovage - *Levisticum Officinale*  
Lysimachia Nummularia - Creeping Jenny - Moneywort  
Marang - *Artocarpus Odoratissimus*  
Marigold - *Calendula Officinalis*  
Marjoram  
Mashua - *Tropaeolum Tuberosum*  
Melicoccus Bijugatus - Quenepa  
Melissa Officinalis - Lemon Balm  
Monarda didyma - Crimson Beebalm  
Morning Glory ( seeds )  
Nepeta  
Nutmeg

Ophiopogon Japonicus  
Pachira Aquatica  
Pandan Leaves - Pandanus Amaryllifolius  
Passiflora  
Patchouli / Pogostemon Cablin  
Pelargonium  
Phellodendron Amurense  
Physalis Peruviana / Inca Berry  
Pinellia Ternata  
Pinus Cembra - Swiss Pine ( seeds )  
Pinus Edulis - Colorado Pinyon  
Pinus Gerardiana - Chilgoza Pine ( nuts )  
Pinus Johannis ( nuts )  
Pinus Koraiensis ( nuts )  
Pinus Nelsonii ( seeds )  
Pinus Orizabensis  
Pinus Quadrifolia  
Piper Cubeba ( fruit and oil )  
Platycodon Grandiflorus  
Polygonum  
Polypore ( fungus )  
Prunus Virginiana  
Rauvolfia Serpentina  
Rheum Officinale  
Rheum Palmatum  
Rhododendron  
Rollinia Deliciosa  
Salvia Officinalis / Sage  
Saussurea Costus  
Schisandra Chinensis  
Schizonepeta - Japanese Catnip  
Scutellaria Baicalensis  
Senna Obtusifolia  
Solanum  
Sophora Flavescens  
Sorghum  
Sterculia Quadrifida - Red\_Fruited Kurrajong  
Styphnolobium Japonicum  
Zanthoxylum  
Tansy / Tanacetum Vulgare  
Tarragon - Artemisia Dracunculus  
Telfairia Occidentalis - Fluted Gourd - Ugu  
Tilia  
Treculia  
Tropaeolum majus - Garden Nasturtium  
Tribulus Terrestris  
Trichosanthes Kirilowii  
Ullucus Tuberosus - Ulluco  
Vernonia  
Vigna Umbellata  
Viola Odorata - Common Violet  
Wolfiporia Extensa ( fungus )  
Yacon - Smallanthus Sonchifolius - Polymnia Edulis  
Wasabi - Eutrema Japonica  
Water Caltrop - Trapa  
Wattleseed - Acacia Seeds  
Whey Protein  
Yerba Mate

///

=====

Kefir Live Grains  
Torula Kefir  
Manchurian Mushroom  
Tibetan Milk Mushroom  
Kombucha  
Tibicos  
Saccharomyces  
Ophiocordyceps sinensis - Caterpillar Fungus - Cordyceps Sinensis

///

Tropaeolum Majus ::: all parts are edible,  
flowers contain about 130 milligrams vitamin C per 100 grams,  
about the same amount as is contained in parsley.

///

Almost any fleshy cactus fruit is edible ?

Per US cup serving,  
nopal fruit provides 13% of the Daily Value for vitamin C  
and the minerals magnesium (11%) and calcium (14%),  
and is an excellent source of manganese (20%).  
Its calcium may not be biologically available  
because it is present as calcium oxalate,  
a non-absorbable complex in the intestine.

Opuntia - Paddle Cactus ?

Opuntia Polyacantha - Pricklypear - Hairspine Cactus ?

=====

GROW YOUR OWN FISH AND VEGETABLES = [www.backyardaquaponics.com](http://www.backyardaquaponics.com)

=====

===  
/// COMING SOON ///

===  
TURNIP

HAZELNUT

SOYBEANS

CLOUBERRY

///

Research of mr. Alfred Vogel

///

food.nationalgeographic.com

<http://www.nationalgeographic.com/foodfeatures/feeding-9-billion/>

<http://www.nationalgeographic.com/foodfeatures/aquaculture/>

<http://www.nationalgeographic.com/foodfeatures/land-grab/>

<http://www.nationalgeographic.com/foodfeatures/hunger/>

<http://www.nationalgeographic.com/foodfeatures/green-revolution/>

///

www.nationalgeographic.com - Evolution Of Diet - Ann Gibbons

Until agriculture was developed around 10,000 years ago,  
all humans got their food by hunting, gathering, and fishing.

As farming emerged, nomadic hunter-gatherers  
gradually were pushed off prime farmland,  
and eventually they became limited to the forests of the Amazon,  
the arid grasslands of Africa, the remote islands of Southeast Asia,  
and the tundra of the Arctic.

Today only a few scattered tribes of hunter-gatherers remain on the planet.

+

Ann Gibbons And Rene Raudman - First Human - Race To Discover Our Earliest Ancestors

///

www.alyssacrittenden.com

///

Asher Rosinger - University Of Georgia - Anthropology

///

Richard W. Wrangham / Catching Fire - How Cooking Made Us Human

///

///

Alison S. Brooks - Professor Of Anthropology - Plant foods in human evolution

///

William R. Leonard

Food For Thought - Dietary change was a driving force in human evolution.

///

Clark Spencer Larsen :::

Essentials Of Physical Anthropology - Discovering Our Origins  
Our Origins - Discovering Physical Anthropology

///

Professor Leslie C. Aiello

Wenner-Gren Foundation for Anthropological Research, Inc.

Leslie is an evolutionary anthropologist with special interests in the evolution of human adaptation as well as in broader issues of evolutionary theory, life history and the evolution of the brain, diet, language and cognition.

Her most recent work has been on thermoregulation and climate adaptation in Palaeolithic hominins while earlier work focused on the relationship between energetics and evolution of locomotion, diet, and brain growth and maintenance.

///

Dr. Loren Cordain

Professor in the Department of Health and Exercise Science  
at Colorado State University in Fort Collins, Colorado

Paleo Diet - Lose Weight And Get Healthy By Eating Foods You Were Designed To Eat

Paleo Diet Cookbook - More Than 150 Recipes

Paleo Diet For Athletes - Ancient Nutritional Formula For Peak Athletic Performance

///

Amanda G. Henry - Research Professor - Max Planck Institute, Leipzig, Germany

Group Leader of the Max Planck Research Group on Plant Foods in Hominin Dietary Ecology.

Study - role of plant foods in diet, the dietary ecology of Pleistocene hominins, and the uses of phytoliths and starch grains as markers of diet and environment.

///

///

Peter S. Ungar - University Of Arkansas

... interested in the paleoecology of early hominins.

This is the study of how our distant ancestors and their contemporary cousins made use of their environments to earn a living.

His work integrates three fields of research:

1 = dental anthropology

(especially the study of relationships between diet and the sizes, shapes and wear of teeth in living primates)

2 = primate feeding ecology

(the study of the diets and feeding adaptations of living primates) and

3 = paleoanthropology (the study of fossil human ancestors and our close relatives).

His work on the sizes, shapes and wear on teeth involves using new technologies to better understand relationships between teeth and diet in living primates. This work focuses on the dental topographic analysis and dental microwear texture analysis. Dental topographic analysis involves the use of geographic information systems combined with laser scanning to demonstrate how teeth are adapted to wear in ways that keep them mechanically efficient for fracturing specific sorts of foods.

Dental microwear texture analysis, in contrast, involves the study of microscopic use-wear in teeth, and how different patterns relate to different diets. This approach involves the combination of white-light scanning confocal microscopy with scale-sensitive fractal analysis.

It is difficult to interpret how differences in tooth size, shape and wear relate to differences in diet without a firm understanding of primate feeding ecology. To this end, Dr. Ungar has logged thousands of hours of direct observation of feeding ecology of apes and monkeys in Indonesia, and monkeys in Venezuela and Costa Rica.

This work has, as its ultimate goal, the better understanding of the dietary adaptations and feeding behaviors of early hominins and other extinct primates. Dr. Ungar has studied original remains of many fossil species, from Neandertals and earlier members of our own genus, to earlier Pliocene forms from South Africa, Tanzania, Kenya and Ethiopia. He has also analyzed Oligocene, Miocene, and Plio-Pleistocene monkeys and apes from Europe and East Africa. As a final note, his paleontological fieldwork experiences include participation in projects involving the search for evidence of Pleistocene humans in Botswana, Jordan and South Africa, and the excavation of fossil Miocene apes in Hungary, and Paleocene mammals in Montana. He has also contributed to GIS analyses of fossil hominin sites in South Africa.

His recent book, *Mammal Teeth: Origin, Evolution, and Diversity* won the American Publishers (PROSE) award for best book in biological sciences, he has published two edited volumes on the evolution of human diet, and has written or coauthored more than 100 research papers.

///

<http://en.wikipedia.org/wiki/Rutabaga>

<http://en.wikipedia.org/wiki/Teff>

[http://en.wikipedia.org/wiki/Toor\\_dal](http://en.wikipedia.org/wiki/Toor_dal)

[http://en.wikipedia.org/wiki/Category:Sea\\_vegetables](http://en.wikipedia.org/wiki/Category:Sea_vegetables)  
[http://en.wikipedia.org/wiki/Category:Leaf\\_vegetables](http://en.wikipedia.org/wiki/Category:Leaf_vegetables)  
[http://en.wikipedia.org/wiki/Category:Root\\_vegetables](http://en.wikipedia.org/wiki/Category:Root_vegetables)  
[http://en.wikipedia.org/wiki/Category:Medicinal\\_plants](http://en.wikipedia.org/wiki/Category:Medicinal_plants)  
[http://en.wikipedia.org/wiki/List\\_of\\_culinary\\_herbs\\_and\\_spices](http://en.wikipedia.org/wiki/List_of_culinary_herbs_and_spices)  
[http://en.wikipedia.org/wiki/List\\_of\\_edible\\_nuts](http://en.wikipedia.org/wiki/List_of_edible_nuts)  
[http://en.wikipedia.org/wiki/List\\_of\\_edible\\_seeds](http://en.wikipedia.org/wiki/List_of_edible_seeds)  
[http://en.wikipedia.org/wiki/Category:Medicinal\\_fungi](http://en.wikipedia.org/wiki/Category:Medicinal_fungi)  
[http://en.wikipedia.org/wiki/Medicinal\\_mushrooms](http://en.wikipedia.org/wiki/Medicinal_mushrooms)  
[http://en.wikipedia.org/wiki/List\\_of\\_vegetable\\_oils](http://en.wikipedia.org/wiki/List_of_vegetable_oils)

[http://en.wikipedia.org/wiki/Darjeeling\\_tea\\_\(white\)](http://en.wikipedia.org/wiki/Darjeeling_tea_(white))  
[http://en.wikipedia.org/wiki/Silver\\_Needle\\_tea](http://en.wikipedia.org/wiki/Silver_Needle_tea)  
[http://en.wikipedia.org/wiki/White\\_Peony\\_Tea](http://en.wikipedia.org/wiki/White_Peony_Tea)  
[http://en.wikipedia.org/wiki/Shou\\_Mei\\_tea](http://en.wikipedia.org/wiki/Shou_Mei_tea)

Euphrasia - Eyebright

Marula - Sclerocarya Birrea

Ceratonia Siliqua - Carob Tree /// Coffee Bean ::: **NOT YET CONFIRMED !!!**

///

When we lived on top of trees then we :::

ate mostly fruits  
did not consume cow milk or fish  
did not eat anything containing gluten  
might have been eating sometimes eggs from nests of birds and some meat

///

When we lived in caves then we :::

might have started every new day eating plant based food found near our homes  
did not consume cow milk  
did not eat anything containing gluten  
might have been eating sometimes eggs from nests of birds  
ate for lunch or for dinner fish or meat after hunting  
ate mostly according to the rules of food combining

///

No serious long term scientific study has been done about vegan life style  
with people who has born to second or third generation vegan family.  
Who have lived happy stress free life. So we have no idea how long  
those persons would live and if they would get any disease.

///

CONCLUSION ::: ???

If humans were meant to be vegans  
then over the course of hundreds of thousands of years  
we have lost our capability to produce B12.  
( or Adam and Eve in Paradise must have had mysterious nutritional yeast apparatus ? )

///



=====

## **! ATTENTION !**

=====

**if You ...**

**... for long time have been unable to lose weight / gain weight or muscle mass**

**... for many years ( many hours per day / many days per week )  
have been doing a lot of sports and do not understand why You still are weak**

**... for many years ( many hours per day / many days per week )  
have been physically working hard ( lifting heavy weights etc. )  
in Your job and do not understand why You still are weak / skinny**

**... after being some time vegan lost Your muscle mass**

**... THEN ::: PLEASE LEARN ABOUT BODYBUILDING !!!  
( Specially if You have always been thinking that to build huge muscles  
person should spend in gym between 4 and 8 hours per day ( 5 - 6 days per week )  
and also must take steroids etc. ! )**

///

**Some recommended books to start with :::**

Encyclopedia Of Bodybuilding - Robert Kennedy  
Encyclopedia Of Muscle And Strength - Jim Stoppani  
New Encyclopedia Of Modern Bodybuilding - Arnold Schwarzenegger

Encyclopedia - Exercises - Muscle  
Encyclopedia - Exercises - Stretching

Ultimate Encyclopedia Of Proven Workouts - Size And Strength Blueprint

Getting Started In Bodybuilding - Guide - Ed Housewright

Weight Training - For Dummies - 2015

Weight\_Training Technique - SM - 3 ED.

Mark Rippetoe - Practical Programming For Strength Training  
Mark Rippetoe - Starting Strength - Basic Barbell Training

Strength Training - Science And Practice - VMZ - WJK

Strength Training - Anatomy - Pat Manocchia

Bodyweight Strength Training Anatomy - Bret Contreras

Serious Strength Training

Charles Poliquin - Principles

Body Sculpting Bible - Men - JV - HR

Stronger Arms And Upper Body (2009)

New Rules Of Lifting For Abs

Naked Warrior + Enter The Kettlebell ( Pavel Tsatsouline )

Nick\_Evans\_BB\_Anatomy (2015)

Jim\_Wendler\_5\_3\_1

Dan John ( Never Let Go + Can You Go )

Paul Carter ( BB + SLL + Meatheads ... )

Craig Cecil ( Supermen + BB + CSM )

Brother Iron - Sister Steel - DD

Flex Wheeler - Ability

Body By Science (2009)

Adam Zickerman - Power Of 10

Bigger Leaner Stronger - MM

Stubborn Fat Solution - LM - 2008

Beyond Brawn - SM

Eating For Life - BP

Power Eating (2014)

Lean Muscle Diet - LS / AA

Prescription For Nutritional Healing - 5 ED.

Mike Mentzer - Heavy Duty Nutrition

Warrior Diet

Sport Supplement Reference Guide - WL

Chris Kresser - Paleo Cure

Better Than Steroids - WW

Keys To Inner Universe - BP

///

=====

## EDUCATE YOURSELF ABOUT :::

Whey protein / Casein / Taurine / Creatine

Branched\_Chain Amino Acid (BCAA)

[https://en.wikipedia.org/wiki/Aerobic\\_exercise](https://en.wikipedia.org/wiki/Aerobic_exercise) = Cardio

high intensity interval training (HIIT)

<https://en.wikipedia.org/wiki/Overtraining>

=====

///

///

///

///

///

///

///

///

///

///

///

///

CONTACT = [eesti@mail.com](mailto:eesti@mail.com) = <http://mv.gandi.ws/> = <http://www.mv-kw.info/>